HERCULES II

(Apollo - Power - One)

lesson 1

THIS IS THE

START

OF A

NEW LIFE

FOR YOU

Welcome to the Hercules II fold! . . .

Congratulations! You have entered the wonderful world of Bodybuilding – From this day on you are entitled to call yourself a bodybuilder – or a physical culturist if you like. The important thing is that you are one of the 'special' people who have taken steps to improve yourself physically . . .You will never look back . . .From now on your world may well seem a different place. The fact that you have enrolled with us means that you are serious about improving your physical condition and overall appearance. In like-manner we now pledge our sincerity in helping you attain the best possible physique, together with utmost strength, health, and fitness. Your body appeal is now OUR concern. It is our duty to keep the promises we made earlier before your enrolment. Believe us when we say that we are going to do our best to perform a 'miracle' before your eyes. We are going to attempt to transform you into the kind of person you always wanted to be. Have faith in us and chances are you will come ALL THE WAY TO PHYSICAL PERFECTION with flying colors.

Before undertaking this or any other Musclebuilding or fitness course you should always make sure that you are in normal health before starting. This is merely a precaution for your own good. Of course the chances are that you are in excellent health right at this moment. However we recommend that you first have a check-up with your family doctor. By all means show him this first lesson so that he will get an idea as to what you will be doing. In all probability he will be delighted that you have undertaken such a program of physical training. In addition we have to cover ourselves legally by stating that we accept no responsibility whatsoever for any accident, however unlikely, or damage that may be incurred, through following the recommendations of this course. Accordingly, take care not to perform the proposed exercises on rickety chairs, unstable ground, etc. Think safety in everything you do, whether it be in following this course, or in life in general.

This HERCULES II bodybuilding course consists of twelve lessons. These will be mailed to you regularly in the same manner as this first lesson. The HERCULES II staff will mail out your lessons each Tuesday. Ideally, you should get them in the correct numerical order, one per week. However there may be occasions, though it is unlikely, when a course may arrive a little early or late. Don't let this interfere with your training schedule. Simply keep to the plan as much as possible. You will certainly **not** suffer by staying on any single lesson for more than the week we propose. Just keep training until the next lesson arrives. You will notice that all your lessons are written in a very simple and easy to understand manner. So easy, even a child could follow the instructions.

It may seem rather ridiculous to state that you should follow **all** the instructions exactly as laid down, but we have found in our experience that many fellows, even though they have gone to the expense of purchasing our course, still do not follow our recommendations to the letter. As a result they do not make the best type of gains in muscular development! It cannot be emphasized too strongly that you should follow our course to the letter. Read through the text that explains each exercise. Perform it as we suggest. Above all,

do not make the mistake of thinking that if you do **double** the amount of work during your training you will **double** your rate of development. By doing this you may well **half** all progress. In the business of musclebuilding, especially at the outset, you must always be careful not to overwork the body. As a beginner you should train only every other day – never every day. The muscles must be given a day's rest between workouts so that they can continue the building process – muscles build up only during periods of sleep or rest.

SLEEP AND RELAXATION. . .

You want big muscles? Then you must make sure that you get adequate rest and sleep. You can't expect to play tennis before you work out and go dancing afterwards AND gain substantial bodyweight. Your muscles just must have adequate time to recuperate and build extra power. Whenever you subject your muscles to HERCULES II exercises (or any other vigorous exercises for that matter) the muscle cells are 'broken down' by the repeated tension. This tissue breakdown is what eventually causes a muscle to tire after a certain amount of strenuous exercise. However, these cells must be given rest periods to enable them to rebuild and increase overall muscle size. You must grab periods of physical relaxation whenever you can if you want to make the very best progress in musclebuilding. This does not mean that you have to neglect your household duties or quit your job. We are simply suggesting that for optimum progress you do not indulge in **extra** physical recreation. Learn to conserve energy . . . Rest at all opportunities, especially after meals, if possible. The amount of sleep you need will naturally vary from individual to individual, but as a general rule a beginning bodybuilder should get at least eight hours sleep each night.

FOOD. . .

Nutrition is tremendously important . . . You **are** what you eat. Don't fill up on what could be termed 'food-less foods', i.e. colas, hot dogs, candies, white flour products, etc. Eat a balanced diet of vegetables, salads, potatoes, meat, fish, eggs, whole wheat bread, fruit and whole milk. If you are inclined to be fat in the first place, then reduce sugar, pastry, bread, potatoes, and substitute skimmed milk for whole milk.

However, if you are on the thin side then you must always bear in mind that your muscles cannot enlarge unless they have enough 'fuel' to enable this enlargement to take place. A secret that virtually all the professional bodybuilders use is to eat five small meals a day instead of three large ones. This serves a dual purpose:

1. It prevents the stomach from being over-stretched which can give you a bloated feeling.
2. It gives the body a more constant food supply since your muscles are being fed more regularly.

Always have a good hearty breakfast. An example would be: juice, cereal, bacon and eggs, toast and honey, and a beverage. Even people who wish to lose flab should have something for breakfast!

Now here is a suggested meal plan for the skinny fellow who wants to make the best possible musclebuilding progress:

BREAKFAST

Orange juice
Cereal and milk
Sausage, eggs, bacon
Slice toast, jam/honey
Glass milk

MID-MORNING

Glass milk
Cheese or meat whole wheat bread sandwich

LUNCH

Salad (either chicken, tuna, salmon, sausage, ham or beef) Milk

MID-AFTERNOON

Milk
Cheese, fish or meat sandwich

SUPPER (large meal)

Meat, potatoes, vegetables
Dessert
Beverage

BEFORE RETIRING TO BED

Glass milk

Robert Nailon's body is a product of this course plus scientific nutritional intake. His body shows beautiful male proportions.

It should be mentioned that if ultimate progress is to be made in the musclebuilding process, then it is a good idea to mix a good protein powder in with your milk every time you take a glass. Your local health food store should be able to supply you with a good quality protein supplement. Among the best in our opinion are: Casilan, 90% protein; Weider Super-Pro 101; or Proma-Plus.

THE EXERCISES . . .

You may think that you have done most of the exercises we recommend in this course. You may well have. But you can be sure that you have never done them the HERCULES II way! There are thousands of different variations of training – We believe ours is the **very** best! Accordingly, we would ask you to perform the exercises exactly as we recommend. . . Do not add any of your own exercises. Do not miss out any of ours. Do follow our exercises, eating and resting principles completely, exactly as laid out, and you will reach the pinnacle of HERCULEAN SUCCESS in double-quick time. In this and succeeding lessons you will be told of many different secrets – techniques used exclusively by the world's champions of the Bodybuilding Mecca. The author of this course is a well known authority on all matters pertaining to the physical perfection through correct training methods. He is well known to the World's best built men. Have faith in this unique program and we will help you realize all the physical developments humanly possible.

WHEN TO TRAIN . . .

It doesn't matter too much what time of day you choose to train. Most successful bodybuilders seem to prefer to train about an hour before their evening meal. Others manage an afternoon or morning workout. Actually there are two times when you should **not** train:

1. As soon as you get up in the morning (the body has to get used to being awake. To suddenly throw yourself into a workout could be injurious.)
2. Immediately following a large meal. (The digestive system should be allowed at least 1½ hrs. to do its job uninterrupted.)

TRAIN THREE TIMES A WEEK . . .

Always beware of training too frequently – three times a week is enough. To do more may well result in staleness – an inability to improve muscle size. Always allow a complete day's rest between your workout sessions, i.e., train Mondays, Wednesdays, and Fridays; or Tuesdays, Thursdays and Saturdays. Try not to train on two consecutive days. Remember the muscle cells need time to replenish themselves and grow larger. Don't try and do too much!

REPETITIONS AND SETS . . .

The term repetition or "reps" is used to denote the number of times you perform a certain exercise. For example, if you perform a 'push-up' three times, you are performing '3 reps'; 6 times, '6 reps', and so on.

Generally speaking it is a good idea to perform at least ten "reps" in any exercise. Of course, as one improves in strength, the number of "reps" one does tends to increase . . . in some cases up to fifty or more.

The term "sets" denotes a series of "reps" you do without stopping. For example, if you perform a series of ten "reps" followed by a rest, this is called a "set". If you do three separate lots of ten "reps" in an exercise, it is known as three "sets" of ten "reps". Five "sets" of ten "reps" would be written 5 x 10. Accordingly you will notice that the movements advocated are written in this manner. The amount of rest one should take between sets of an exercise should almost never exceed one minute. Generally speaking, you rest long enough for your breathing to return to normal and then perform your next set, and so on.

If we list a certain exercise to be performed 3 sets of 10 reps, then don't feel that you must do only the 10 reps we state. Many fellows are able to do more. If you are able to perform 15, 20, or even more reps, then by all means do so. It can do nothing but good. On the other hand, many fellows will find that they are not strong enough to perform the amount stipulated. The answer is to do as many as you can without undue strain. If you can't even do one repetition, then perform a partial rep. In time you will progress until you are able to perform the movements as recommended – and then some!

WHAT TO WEAR . . .

It all depends on where you train. The main point to keep in mind is that the body should always be warm. Don't train in just a swimsuit if you are in a draft or in a heavily air-conditioned room. Wear warm, loose-fitting clothing that enables you to perform the various exercises without in any way hindering your range of movement. Cold muscles do not respond well to exercise and can even be susceptible to minor sprains and muscle tears which could possibly result in lost training time. And subsequently lost muscle building progress.

DON'T MISS WORKOUTS . . .

Whereas on one hand we strongly recommend that you do not over-exercise (three times a week only), we are adamant in recommending that you do not miss any of your scheduled workouts. Of course if you feel sick, have a heavy headache, flu, or are just feeling too tired, then you may have to pass up your workout. To exercise strenuously under these conditions would be ridiculous. Beware, however, of missing a workout through laziness. You must learn to distinguish between genuine tiredness and downright laziness. Sometimes after a rough day at school or at work you feel 'pooped' – you say to yourself that you'd rather have a meal and watch television – you lack enthusiasm. You are really not physically tired – you are probably just mentally 'pooped'. If this is the case then get up and train – just 15 minutes – and you'll be happy you did!

HYGIENE . . .

Always shower away the film of sweat from your body after a workout. This will help keep your skin from breaking out in pimples, etc. Likewise, sweat should not be allowed to collect at the roots of the hair on your head. Wash your hair thoroughly after heavy exercise. More about skin and hair care later in the course. Generally speaking, always strive to keep your entire body well bathed. Cleanliness is next to Godliness. Besides . . . you'll smell better!

HOW TO PERFORM THE EXERCISES . . .

Don't just look at the illustrations. Read the literature explaining how to perform each HERCULES II movement. You will then be 100% sure that you are performing the exercise in the correct manner. As a general rule, perform an exercise with a quick steady movement – no bouncing – just make sure that whatever you are doing, you do with an even, unstrained motion. A fast tempo is more beneficial than a slow one. However, when you first learn a new exercise you should perhaps perform it slowly until you are exactly sure how it is executed.

To repeat . . . This course consists of the most modern, non-apparatus Bodybuilding Principles known to man. You are going to develop the kind of body men respect and girls admire. You are going to be a somebody next season. Whether you go to the beach, lake, or local pool, you will be admired for the kind of red-blooded He-Man you are! Prepare yourself NOW to follow in the footsteps of the world's best built men. Prepare yourself NOW – FOR A NEW, EXCITING LIFE, FULL OF THE REWARDS OF PHYSICAL SUPERIORITY!

FOLLOWING ARE YOUR FIRST WEEK'S EXERCISES . . .

Perform them conscientiously three times a week with a rest day in between each workout session.

EXERCISE ONE:

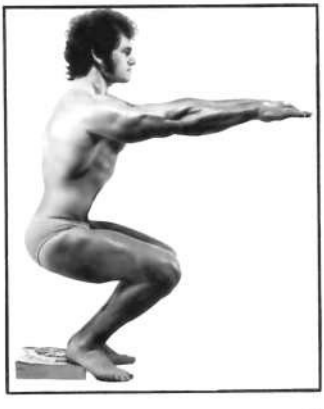
Jogging in Place

• body conditioner, warmer-upper

Perform 5–8 minutes at the commencement of the exercise program. This stimulates the body metabolism and growing process of the physique. Additionally, it makes for increased cardiovascular efficiency (for example, a stronger and more efficient heart and lungs) – but more important to you, it warms up your body in preparation for the following purely MUSCLE BUILDING MOVEMENTS.

The exercise is a simple one: Simply run-in-place, lifting knees high with each movement. The higher you lift the knee, the more vigorous the exercise.

Alternatively, if you find that you are tiring too quickly, then simply make the movement less strenuous by reducing the height you lift each leg while jogging.



EXERCISE TWO:

The Squat

• thighs, calves, rib cage, lower back

1. Place a thick book on floor, under heels. Stand upright with arms out in front to help your balance.
2. Lower slowly into the squat position as illustrated until thighs are parallel with floor. Return to standing position and repeat.
3. Take care to breathe deeply during the movement. "In" on the way down. "Out" on the way up.

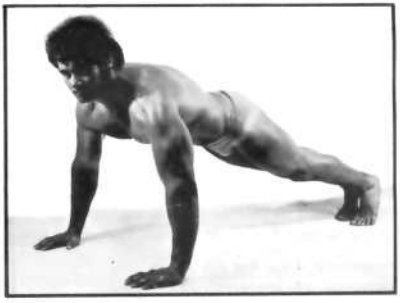
Perform 2 sets of 10–30 reps, depending on your strength.

EXERCISE THREE:

Hercules Floor Dip

- chest, shoulders, arms, triceps

1. Adopt position as illustrated. Fingers facing forward, hands a little wider than shoulder width apart, seat high in the air as illustrated in (c).
2. Lower into position and with 'bouncing' action, raise to original starting position.
3. Lower and repeat with a steady rhythm. The average fellow will be able to do about 8 reps. Perform 2 sets of 8–25 reps, depending on your present strength.



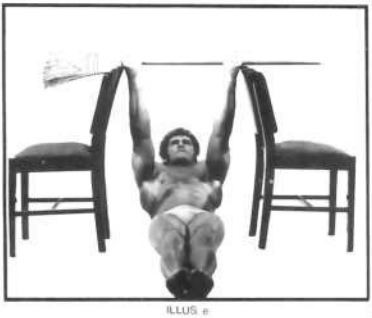
ILLUS. c

EXERCISE FOUR:

Tiger Chair Pull-Up

- upper back, arms, biceps

1. You'll need a sturdy pole (metal preferably, unless you have a wooden pole that will not break under your bodyweight).
2. Adopt a 'hanging' position as shown in illus. (e). Make sure that the bar is set firmly before you commence the movement. Place a thick towel under the pole at each end.
3. Slowly 'curl' your arms until your chest all but touches the pole. (Illus. (f). Lower and repeat for as many repetitions as you can reasonably manage. Aim for 2 sets of 6–20 reps.



ILLUS. e

ILLUS. f

EXERCISE FIVE:
Hercules Leg Raise
• mid-section

1. Lie on floor with hands tucked under seat as shown in Illus. (g).

2. Raise both legs together until they are about 20 inches off the floor. Lower and repeat. Don't bounce heels on the floor.

Perform 2 sets of 10–20 repetitions or more if you can manage it. Don't rest feet on the floor after each rep. Rather, just touch heels slightly on the ground and raise legs again for the next lift.

ILLUS. g

That's it for this week. Work hard . . . Rest . . . and Eat Well!

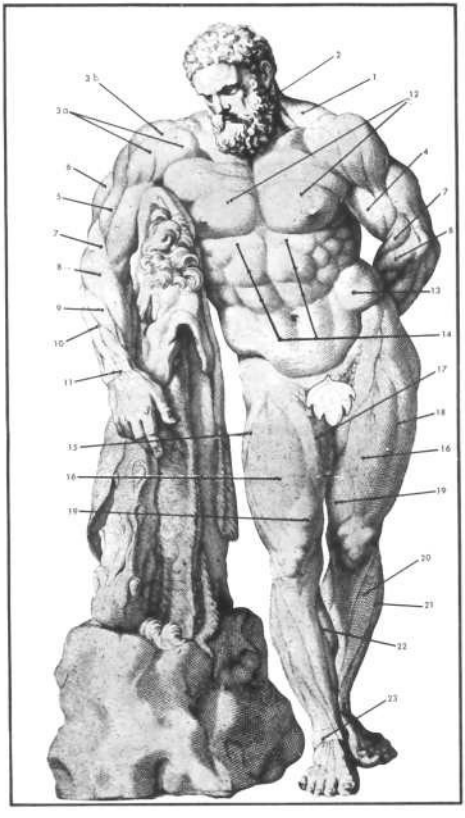
Next week we'll take you to a more advanced program to consolidate and improve your muscle gains. Remember we are going to take you to the pinnacle of Musclebuilding Success – We are going to build you up to the type of physically perfect male you always wanted to be. Your arms are going to pulsate with power . . . Your chest will swell with new-found muscle bulk . . . Your legs, waist and back will take on a Super 'Whip-cord' muscle . . . Your shoulders will broaden beyond your expectations.

Stay with us! Follow the instructions to the letter. We are going to turn you into a new man, respected and admired by all! Also, your next lesson will contain special advice on how to rid your skin of unsightly pimples and blemishes. Plus, we give you the secrets of how you can learn to beat any opponent at wrist-wrestling.

Both these 'specials' in addition to the most modern and up to date MUSCLEBUILDING ADVICE you'll find anywhere!

See you next week! Go to it!

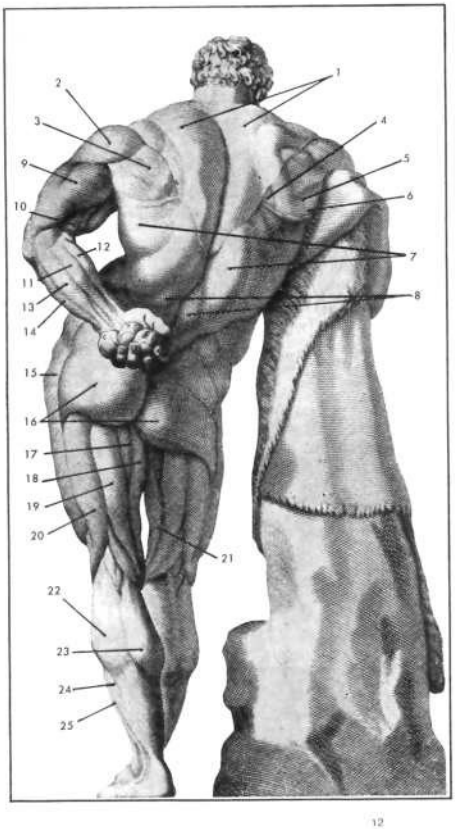
HERCULES MUSCLE CHART



A CONCISE CHART OF VOLUNTARY MUSCLES AND THEIR FUNCTIONS, PLUS THE EXERCISES THAT INVOLVE AND DEVELOP THEM

NAME OF MUSCLE	ACTION OF MUSCLE	ACTIVITIES THAT DEVELOP THE MUSCLE
1. TRAPEZIUS	*Draws head backward and to either side; raises shoulder girdle, rotates scapula.*	Shrugging motion, teeth lifting, neck work, all lifting to shoulders and overhead, handbalancing, wrestling and gymnastics.
2. STERNOCLEIDO-MASTOID	*Draws head forward, rotates head and helps to lift chest in forced and deep breathing.*	Forward bridging, pushing on forehead and resisting with head. All lifting involving the trapezius also activates this muscle. Wrestling, boxing and supporting weight on head.
3. DELTOID a—ANTERIOR b—LATERAL	*Raises arm to shoulder level and assists in overhead movement.*	All forms of forward and lateral raises, all pressing movements and overhead lifting, dips and handbalancing, gymnastics, swimming and chest expander exercises.
4. & 5. BICEPS – BRACHIALIS ANTICUSIS	*Flexes and supinates forearms and adducts arms.*	Single and two hand curling, reverse curling, chinning, all lifts to the shoulders, especially cleaning, also, all types of rowing, lat-machine work, rope climbing, gymnastics, wrestling, etc.
6. TRICEPS, OUTER HEAD	*Extends forearm.*	Pressing in various forms, standing, sitting, lying, etc. All extension movements, dips, all overhead lifting and supporting, all straight arm work, handbalancing, gymnastics, etc.
7. BRACHIORADIALIS	*Flexes forearm and helps supination.*	Most of the exercises listed in No. 4 aids development of this muscle.
8. RADIALIS LONGUS	*Extends hand and abducts hand with flexor carpi.*	Using thick-handled weights, pinching, gripping, cleaning weights to shoulders, finger stunts, spike and bar bending, wrist turning, etc.
9. RADIALIS BREVIS	*Extends hand as part of longus.*	All movements listed above under No. 8
10. EXTENSOR DIGI-TORUM COMMUNIS	*Extends fingers.*	All finger movements and lifting, handbalancing on fingers as well as dipping and most of the exercises listed in No. 8
11. LIGAMENT OF WRIST	*Supports and holds wrist bones together.*	All heavy supports, especially those held on hands, isometric and isotonic pulls and supports, wrist curls, wrist wrestling, handstands.
12. PECTORALS	*Draws arm forward and inward, assists in chest expansion, aids in rotating arm inward.*	All supine, decline and incline pressing, lying laterals, pullover "dislocates", flying exercise, many chest expander exercises, dips, close-grip chins, bent-arm pullover, rope climbing, gymnastics, swimming, wrestling, etc.
13. EXTERNAL OBLIQUE	*Rotates pelvis to the same side, flexes pelvis on chest.*	Side bends, twisting movements, rotating torso while hips and legs remain stationery, sit-up, all single overhead lifting, especially side and bent presses, single leg raise while standing, wrestling, tennis, bowling, etc.
14. RECTUS ABDOMINIS	*Flexes body, compresses the viscera and depresses thorax.*	All types of sit-ups, on floor, raised board and Roman chair. All forms of leg raises in lying position and between parallel bars or hanging from chinning bar. Also frog kick, knee-pull-in to chest, and all bending and twisting movements.
15. TENSOR FASCIA	*Abducts thigh and rotates inward.*	Raising leg upward while lying on side, holding knees together with hands then forcing knees apart, most exercises that aid thigh development.
16. RECTUS FEMORIS	*Extends thigh, flexes leg.*	Knee bends, jumping squats and other variety of squatting. Also straight leg sit-ups and leg raises in lying position. Roman column and chair work, harness and straddle lifts, jumping, tumbling, diving, sprinting, cycling, etc.
17. ADDUCTOR LONGUS	*Adducts, rotates.*	Wide stance squats, placing "crusher" between legs and forcing legs together, full or partial split and attempting to "slide up". Acrobatic and ballet dancing. In wrestling, the scissors hold. Lying on back and spreading legs apart and bringing them together again. A rubber cable attached to ankle and moving it
18. VASTUS EXTERNUS	*Extends leg.*	Most of the exercises recommended and suggested for No. 16.
19. VASTUS INTERNUS	*Extends leg.*	Exercise as those mentioned above.
20. TIBIALIS ANTICUS	*Flexes foot and elevates the inner border.*	Squats, raising toes, rotating the ankle, calflex apparatus, sprinting, mountain climbing, etc.
21. PERONEUS LONGUS	*Extends, abducts and everts the foot.*	All exercises mentioned and suggested for No. 20.
22. GASTROCNEMIUS	*Extends foot and flexes leg.*	Raising and walking around on tiptoes, all form of calf work on leg press machine and iron boot movements. Stiff-leg deadlifts various form of squats and knee-bending, running and standing broad jumping, tap and ballet dancing, calflex apparatus work, stair climbing, skipping one or two steps in the process; springing and running, etc.
23. LIGAMENT OF ANKLE	*Holds bones and tendons in place.*	All exercises that work the shin and calf muscles of the lower leg.

HERCULES MUSCLE CHART



A CONCISE CHART OF VOLUNTARY BACK MUSCLES AND THEIR FUNCTIONS, PLUS THE EXERCISES THAT INVOLVE AND DEVELOP THEM

NAME OF MUSCLE	ACTION OF MUSCLE	ACTIVITIES THAT DEVELOP THE MUSCLE
1. TRAPEZIUS	*Draws head backward and to either side; raises shoulder girdle, rotates scapula.*	Shrugging motion, teeth lifting, neck work, all lifting to shoulders and overhead. Handbalancing, wrestling and gymnastics.
2. POSTERIOR DELTOID	*Raises and draws arm up and backward.*	All rowing type of exercises, lateral raise while bending over, chest expander movements, etc.
3. INFRASPINATUS	*Aids in rotating upper arm outward.*	Activated in most lifts that raises weight to shoulder and overhead, as well as all one hand lifting. Gymnastics, swimming, rope climbing, iron bar bending and over strongman stunts.
4. RHOMBOIDEUS	*Pulls scapula up and inward.*	Pullover with weights, upright and all rowing exercises, most exercises done in lying position, bent-over laterals, pulldown behind neck on lat-machine, chinning, rope climbing, most chest expander exercises and lifting movements.
5. TERES MINOR	*Rotates and abducts upper arm.*	Most of the exercises listed in No. 3
6. TERES MAJOR	*Pulls armdown and backward, rotates arm inward.*	The same exercises as listed in No. 4
7. LATISSIMUS DORSI	*Draws arm downward, backward and rotates it.*	One and two hand rowing movements, upright rowing, pull-down behind neck on lat-machine, all pressing and cleaning movements. Bench press, pullover, dislocates, chinning, rope climbing, wrestling, gymnastics, etc., etc.
8. ERECTOR SPINAE	*Supports and holds body upright, permits bending.*	All bending movement, especially deadlifts, "good morning" exercises, all lifting movements, all twisting, side bends, leg raises and abdominal work. Handbalancing, tumbling, swimming, jumping, golf, hockey, hyperextension, etc., etc.
9. TRICEPS, LONG HEAD	*Extends arm and draws it backward.*	Pressing, in various forms, standing, sitting, lying, etc. All extension movements, dips, all overhead lifting and supporting, all straight arm work, handbalancing, gymnastics, etc.
10. TRICEPS, INNER HEAD	*Works in combination with outer and long heads.*	Same as exercises listed in No. 9.
11. FLEXOR CARPI RADIALIS	*Flexes and pronates hand, and with extensor carpi longus, abducts hand*	Wrist curls, pinch gripping stunts, hand grips, handling thick-handled dumbells or barbells, handstands on finger tips, dipping on fingers, all finger lifts, card tearing, cap bending, all forearm exercise.
12. BRACHIORADIALIS	*Flexes forearm and assists supination.*	Single and two hand curling, reverse curling, chinning, all lifts to the shoulders, especially cleaning, also, all types of rowing, lat-machine work, rope climbing, gymnastics, wrestling, etc.
13. PALMARIS LONGUS	*Flexes hand.*	The same exercises as listed in No. 11
14. FLEXSOR CARPI ULNARIS	*Extends hand and helps to abduct it.*	Same exercise as those listed in No. 11
15. TENSOR FASCIA LATA	*Abducts thigh and rotates it outward.*	Raising leg upward while lying on side, holding knees together with hands then forcing knees apart, most exercises that aid thigh development.
16. GLUTEUS MAXIMUS	*Extends thigh and rotates it outward.*	All knee bending movements; full, half and partial squats. Deadlifts, hand and thigh lift, straddle and harness lifting, stair climbing, jumping, cycling, tumbling, leg extension and all lifting movements including leg press.
17. ADDUCTOR MAGNUS	*Adducts thigh and rotates it outward.*	All exercises that involve the thighs and hips, holding chest crusher between legs and forcing legs together against the resistance . . . can be done also with hand pressure, squat with wide stance, jumping and ballet type of exercises.
18. GRACILIS	*Adducts leg, flexes and rotates it inward.*	Is activated in leg curling exercises, the "split" in stiff leg deadlifts, certain leg raising (standing) movements and most of the exercises listed in No. 17.
19. SEMITENDINOSUS	*Flexes leg and extends thigh, rotates leg inward.*	Most of the exercises listed in No. 16.
20. BICEPS FEMORIS	*Flexes leg and rotates it outward, aids in extension*	All the exercises listed in No. 18
21. SEMIMEMBRANOSUS	*Same as No. 19.*	All exercises listed in No. 16.
22. GASTROCNEMIUS OUTER HEAD	*Extends foot, flex leg*	Raising and walking around on tiptoes, all form of calf work on leg press machine and iron boot movements. Stiff-leg deadlifts, various form of squats and knee-bending, running and standing broad jumping, tap and ballet dancing, calflex apparatus work, stair climbing, skipping one or two steps in the process; sprinting and running, etc.
23. INNER HEAD	*Same as above*	All exercises listed above plus sprinting.
24. SOLEUS	*Extends foot and rotates it inward.*	Activated in all the exercises listed in No. 22 & 23.
25. PERONEUS LONGUS	*Extends, everts and abducts foot.*	Squats, raising toes, rotating the ankle, calflex apparatus, sprinting, mountain climbing, etc.

HERCULES II

(Apollo - Power - One)

lesson 2

LESSON TWO

This is your second week of our foundation course: This week you will continue the same exercises as you did last week, plus the two extra exercises illustrated at the end of this lesson.

Remember these first two weeks will give you a good foundation towards building a superb muscular build. The entire HERCULES II program is designed to coax your muscles into the fastest rate of growth possible. Keep in mind that you are following the most advanced and scientific bodybuilding principles obtainable. You will be showing some muscular improvement almost each day that you follow HERCULES II 90-day plan – **But remember our 3 point program:**

1. You must follow the exercise plan exactly as outlined in these lessons – No more. . . no less!
2. You must get adequate sleep and relaxation each and every day.
3. You must eat well and often; drink plenty of milk if you are underweight. Protein in the form of eggs, cheese, meat, milk products, beans, fish and nuts, is vital to all trainers.

If you choose to neglect any of these points then you will be doing less than your best to improve your physical appearance and overall condition. In fact you could actually hold back most of your bodybuilding progress. Take stock of yourself now and you will jet your muscles into renewed growth!

Did you notice your muscles aching after your first few workouts? This is quite natural – in fact even though it might make you feel a little uncomfortable at first, it is positive proof that your muscles are reacting to the HERCULES II plan. Even so, this "muscle soreness" will subside after the first few workout sessions. Keep up your training regularly and you will never experience undue muscle-ache again. Naturally if you are forced to take a lay off of some length, then when you resume working out you will of course notice a more severe muscle ache again. But here again, as you get back to your workouts, you will not ache any more.

CONCENTRATION AND INSPIRATION . . .

We have mentioned concentration before, but it merits being explained a little more clearly since it is of prime importance to you as an aspiring bodybuilder. When you perform any of the HERCULES II exercises you should always keep your mind on the exercise's movement while you are performing. Concentrate on what you are doing! Watch those arms bulge as you press out those dips . . . See your thighs swell as you squat up and down. Don't exercise while watching T.V. Certainly don't endeavour to talk to anyone during an exercise. Train with your mind zeroed in on what you are doing. Concentrate on improving your performance each workout. For example, if you can manage ten reps at a particular exercise one workout day, then try for 11 reps in that particular exercise during the next workout session. You will only manage this sort of progression if you can concentrate fully each time you workout. And of course muscle growth is only apparent when you force the pace a bit and make heavier demands of your body. **Theoretically speaking, every time you manage to improve your "reps" at any movement, your muscles will increase in size to accommodate this extra demand. So concentrate more for bigger muscles.**

Improved concentration can often come about if you are truly inspired to improve your body. It's hard to give your mind to anything completely, unless you are really enthusiastic about what you are doing. Have you ever noticed how you can get really 'psyched' up about building muscles through looking at pictures of well built guys — or even watching a Hercules movie on television? Your whole body responds and right there and then you want to workout like a maniac to build a he-man body. You know the feeling . . . Your job is to keep this feeling for the duration of this 3 month course. Never allow your mind to get depressed . . . Never allow a negative attitude to rule your lifestyle . . . Be positive . . . Check some of the pictures of great musclemen in our brochures and lessons . . . Think to yourself, "This is how I could be!".

Imagine yourself tanned and extremely muscular, strolling the golden sands of some friendly beach. Imagine the girls reaching to your powerfully handsome physique. In other words, always keep a mental image of the kind of build you are striving to construct. Tell yourself you **WILL SUCCEED**. Determine now not to miss any workouts. Determine now that you will keep up your enthusiasm until success is yours. Determine now to remain inspired!

SKIN CARE . . .

Do you have pimply skin? If so, the following advice will be of great value to you. Everybody is categorized and to some extent judged by their complexions. Make no mistake about it, the condition of your skin is important. If you are suffering from poor complexion, then now is the time to do something about it. The very fact that you have enrolled with this bodybuilding program is a beneficial beginning towards a healthier skin. Exercise helps condition the skin. Other general recommendations we make such as eating good food, sleeping sufficiently, washing thoroughly, etc., all help your skin. However for those of you who are really concerned because you have excessive acne (pimples, spots and blemishes) we are including a specific plan which will help to give you a fine healthy blemish-free skin in as short a time as possible. Make these recommendations part of your life. A good habit is as easy to adopt as a bad one, so follow the advice and you will help your pimples to vanish. You will also help to prevent your skin from aging prematurely. A clear skin is a healthy skin, and a healthy skin, in turn, is clear. In short, to have a clear glowing skin, you must be healthy. Your skin is a living organ just as much as your kidneys or your lungs, and it is one of the hardest working organs. It has two basic functions: (1) protecting underlying tissue from disease and injury, and (2) aiding in regulation of body temperature. To perform these functions as well as possible, the skin must be healthy. Accordingly, you will be reimbursed with a blemish-free skin which exudes health and vitality.

Step One

How to Nourish Your Skin:

There is no part of the body that can thrive without good nutrition, and no part of the body can derive more health from good nutrition than the skin.

Eat natural foods: skim milk, fresh fruits, raw vegetables, cheese, fish, 100% wholewheat bread, whole grain cereals, unroasted unsalted nuts, unpasteurized honey.

Avoid modern refined processed foods: white bread and white flour products such as spaghetti, cakes and cookies, etc., candies, polished rice, french fries and potato chips, carbonated beverages, roasted salted nuts, tea, coffee, and white sugar.

Step Two

Special Vitamins and Minerals for Skin:

Vitamin A is an essential vitamin for skin health. A high vitamin A intake is especially good for dry skin. Lack of vitamin A almost always helps create acne. Vitamins A, C, D, K, E and calcium are all needed for a healthy, smooth skin with a natural elasticity. Cod liver oil is best of the oils, rich not only in polyunsaturates, but also in vitamin A, D and also iodine. You can get your normal requirement by taking one ounce (two tablespoons) daily of cod liver oil. Vitamin K is found in leafy, green vegetables. Unpasteurized honey is the best source of vitamin E.

The B vitamins are specific skin vitamins. They all help in keeping the skin youthful and blemish-free. Liberal amounts of vitamin B-2 (riboflavin) have been known to help clear disfiguring brown blemishes, called liver spots. Foods high in B vitamins are: liver, brains, heart, oysters, cottage cheese, fortified skim milk, wheat germ, yeast, whole grains, soya beans, peas, watercress and asparagus. Vitamin B is water-soluble, therefore short cooking in a minimum amount of water is essential for the vegetables. Just one or two tablespoons of food yeast added every day to fruit or vegetable juices will bring a new alive appearance to the skin.

Dry Skin:

If your skin is very dry, particularly around the eyes, Dr. L. J. Silvers, expert on health and longevity, prescribes swallowing a capsule of 25,000 units of vitamin A after breakfast each morning, for great relief within a short period of time. Use a very mild soap and use creams to protect the skin from the cold and the wind.

Drugs:

All drugs, including laxatives, headache mixes, antibiotics, tranquilizers and diuretics can sometimes cause drug rashes.

Step Three

Specific Treatments:

Pimples: These can appear at any age. As soon as you notice the starting of a pimple, apply iodine repeatedly during the first 24 hours. Most of the time, the infection and inflamation will disappear within a few days. Never squeeze a pimple which is above the level of the upper lip. This is very dangerous because drainage from the abcess might reach the brain via the angular veins of the nose and into the cavernous sinus at its base. Always apply hot compresses until it comes to a whitehead, and is completely sealed off from the surrounding tissue. Then if it is cut open carefully, it will drain off freely to the exterior, and will not spread toward the brain.

Boils: Apply swabbings of iodine to the boil for one minute. Every four hours for those with tough skins. Within 40 hours, the swelling disappears and pus formation and surgical drainage are avoided.

Step Four

The Sun:

Sunbathing is very healthy for the skin. The sun's ultra-violet rays produce vitamin D when in contact with the skin. The sun helps to keep your skin clear and also gives it an attractive light tan. Sun lamps are good for the winter months and also for exposing all of yourself to the ultra-violet rays. REMEMBER: Never, never over expose yourself to the sun. Accordingly, with a sun lamp (most sun lamps have directions including time limits involved). The sun and sun lamps are certainly wonderful in moderation but over exposure through the years causes dryness, wrinkles and possibly skin cancer. I cannot stress enough the danger involved if your skin is over exposed to the sun!

Step Five

Cleanliness:

Keeping the skin immaculately clean is one of the most important things contributing to clear younger-looking skin. Generally, it is not the surface dirt which causes the problems. Keeping the skin clean clears the skin of the thin film of oil which is constantly being supplied. This film of oil is produced by the skin's oil glands (called the sebaceous glands). It is called 'sebum' and contains chiefly oils, but waste materials and discarded cells as well. This film of oil can block the pores and cause problems. You should wash your face at least twice a day if your skin tends to be oily (not as often if your skin is dry) using hot water and a mild soap. Massage the lather over the face from two to five minutes (the length of time depends on the oiliness of your skin and its sensitivity). Use your finger tips. A soft-bristled brush like a shaving brush is best. The friction and gentle massaging will rid the pores of oil and loosen the blackheads. Rinse in hot water first, then cold. (Never too hot or too cold.) Rinsing with cold water closes the pores. It is unwise for the young to use too many creams such as sun tan oils. Rich lather soap and also medicated soap is good for younger people. Older people's skin tends to dry out more, therefore, older people should not use regular soap and water on the skin. Aveeno Oilated soap cake is very good for older people. It is very important to wash the face thoroughly before going to bed so that the skin can breathe while you sleep.

Step Six

Protection of Natural Oils:

Besides feeding your skin from the inside, it must also be cared for from the outside. Your skin is directly exposed to the physical environment. It copes with sharp changes of temperature, too little sunshine or too much wind, soot, industrial fumes, fog, and smog, dust and smoke, and also the dry warm air of winter heating systems. Due to all these things, the skin is constantly losing its natural oils. The skin must be oiled to help conserve its own moisture and to keep it supple and smooth. It is true that the fine creams, oils and lotions of today cannot nourish the skin because the skin cannot absorb nourishment from the outside, but creams and oils can first cleanse and smooth the skin, and then protect it from drying. Creams containing silicone protect the skin quite well from the elements. Baby oil is good for all parts of the skin (other than the face) and should be applied after a bath, paying special attention to the elbows and other parts where the skin tends to dry out and harden more.

Step Seven

Worry:

Don't be a worry wart. Worry, believe it or not, can start skin complications. Worry and emotional upsets can harm your blood vessels and in turn also cause skin complications, besides adding lines of age to your skin. You can easily stop worrying about everything. Firstly, knowing that worrying cannot help matters and secondly, knowing that to stop worrying and relax can do you and your skin a great favour.

Step Eight:

Facial Sauna:

Gayelord Hauser, in his excellent book "Mirror, Mirror on the Wall", tells of how to give your face a 'glow treatment'. Here is what to do:

All you need is a two quart cooking pot; fill it with ordinary water and when it boils, add a heaping tablespoonful of your favourite fresh herbs (if there are no fresh herbs available add a tablespoon of Swiss Kriss herbs, available at your drug store). Take the steaming utensil to a table and with a big bath towel, cover both your head and the pot so that the steam does not escape at the sides, but rises straight up into your face. The pleasant herbalized steam penetrates deeply and cleanses every pore as you never thought possible before. Perspiration coming from the open pores loosens the accumulated dirt and rancid oils, in just a few minutes. Then close the pores with cold, even ice water, but don't put the ice itself on the face. The herbalized steam makes the face soft. Mr. Hauser recommends that you take three or more facial saunas in succession or until your skin is really glowing and clean. Gradually increase your steaming from 3 minutes on the first day, to 5 minutes on the third day. After that, all you need is one weekly facial bath to keep your skin clear and smooth.

Step Nine

Fresh Air:

A truly healthy skin needs exposure to clean, fresh air. Long walks in the fresh air, taking long deep breaths, are necessary for the skin. Air bathing, even though the sky is overcast, can prove enormously beneficial.

Step Ten

Rest:

Sufficient sleep is important. Make sure you get sufficient sleep, depending of course on the needs of your body. If insufficient sleep is habitually carried on, deep unflattering lines and pouches will occur under your eyes, and your skin will lose its glowing tone, becoming lifeless and dull. In time it will also lose its elasticity.

Step Eleven

Smoking:

If you smoke, you should definitely take drastic action to stop. People who smoke heavily and/or over a long period of time are harming their skin (among other things). Tobacco smoke contains over 200 poisons which pass through the bloodstream. You can never have the chance of making your skin look its best if you continue to smoke. It just isn't possible for your skin to have a truly healthy glow if you smoke. It always will be that much duller if you continue to smoke. Sometimes the skin is unclear due to constipation. Some people, realizing this, take laxatives in an effort to improve the condition of their skin. Laxatives will not solve skin problems. Laxatives can be dangerous. If you are eating the correct foods as advised in Step One, (plenty of fresh fruits and vegetables) then you will not be troubled with constipation.

HOW TO
IMPROVE YOUR SKILL
AT WRIST WRESTLING . . .

Ever wished you had the strength to beat everybody at the manly art of wrist wrestling? By the time you have completed the HERCULES II course you will definitely be well above average at wrist wrestling – But being better than average may not be good enough for you. You want to be the best – You want to be unbeatable!

Here's How:

1. Practice wrist wrestling with a partner whenever possible. The more practice you get the better you will be at this thrilling sport. If your partner is much weaker than you are, then allow him to use both hands.

2. Alternatively allow your partner to 'take' your arm right down until it is almost touching the table. Then slowly bring it up under pressure. Repeat up to five times without stopping.

3. Practice (again with a partner) putting his arm 'down' so that the back of his hand slaps the table top. Repeat up to five times against his resistance.

4. Wrist wrestling is not just a matter of strength. There is a lot of 'technique' involved in the correct manner of performance in this thousand-year-old sport.

   (a) Assume the position as shown in the illustration. Sit facing your opponent, interlocking your thumbs.

   (b) Your free arm can be placed on the table or it may hang by your side. The important thing is that you are doing the same with your free hand as your partner.

The trick in winning at wrist wrestling is to initially try to twist your opponent's palm to face you. By doing this you have the balance of power on your side, while putting the mechanics of his power against him, because of his weakened position. Chances are, once you have twisted his palm towards you (he won't even know what you are doing) you can quickly put your superior position into the 'act' and force his arm to the table. As you attempt to press his arm to the table top, bring your shoulder forward towards your hand. Push with your shoulder as well as your arm. This way you are almost 100% sure to win – and it'll be legal too!

BODYBUILDING QUESTIONS . . .

By far, the most common question we are asked is:

- "How can I gain weight quickly?"

Our answer may seem somewhat a cliche, but remember in order to become a cliche, a saying has to be proven true over and over again. Our answer to this most asked question is: "Consume more food". But 9 out of 10 fellows will answer back, "But I eat like a horse now!".

Our reply is usually: "Who do you think you're kidding? You probably eat like a sparrow!".

If you are skinny – we mean really skinny, with your ribs sticking through your chest like a filet of sole (after the cat's been at it!) – then you must eat more than you are doing at present . . . Much more!

It is natural for you to think that you are eating loads of good food. But in all honesty, to this day, we at the Hercules II offices have NEVER seen a genuine skinny guy who has even one month of good eating behind him.

THE ULTRA SKINNY GUY IN NORMAL HEALTH SHOULD GRADUALLY BUILD UP HIS EATING HABITS UNTIL HE IS CONSUMING IN EXCESS OF 4500 CALORIES A DAY!

Among other regular meals he should be having at least 2–3 quarts of milk each day. Up to six eggs, meat or fish twice a day with a liberal helping of salads, vegetables, potatoes and fresh fruit! Can you honestly say that you eat and drink that much?

Here are a few examples of champion physiques and their eating habits:

Vic Downs, World's Most Muscular Man 1967

When Vic is trying to add muscular diet, he eats several cans of tuna fish in one meal and averages over 30 eggs in one day . . . in addition to regular meals.

Bruce Randall, Mr. Universe 1959

When Bruce was bulking up to break strength records, he ate a dozen eggs at a sitting, pounds of cheese, fish and at least two steaks. He consumed over 9,000 calories a day!

In order to maintain his huge body bulk, Paul would drink up to 2½ gallons of milk every 24 hours! This was aside from his regular meals.

Now, we are the first to admit that these men were specialists in their fields. We do not recommend that you try to follow their example. The expense alone would be enormous. However their eating habits serve to remind the skin-and-bones thin man that he is not a heavy eater, as heavy eaters go.

If you want to gain weight, then get serious about it.

1. Follow the exercise and rest recommendations of this Hercules II program.
2. Put something substantial into your stomach every 2 hours or so. And drink plenty of milk. We cannot see how the normal skinny guy can fail to gain weight following these plans. There is no other way. Exercise, nutrition and relaxation.

Ironically, the second most common question we get asked is:

• "How can I lose weight quickly?"

The person who asks this is usually somewhat flabby round the waist and hips and wishes to regain his youthful slenderness. Others are downright fat and just want to lose weight – period! Again the answer is simple. One can hardly glance through a magazine or newspaper nowadays without finding some 'Super-Duper sure-fire reducing diet', yet really the facts are basically uncomplicated. Certainly there are no fantastic 'secrets' about the business of losing weight.

LOSING WEIGHT IS A MATTER OF GRADUALLY REDUCING CALORIES. THIS IS BEST DONE BY CUTTING OUT FOODS WITH HIGH CALORIE CONTENT WHILE AT THE SAME TIME MAKING SURE THE BODY GETS ENOUGH VITAMINS, MINERALS AND PROTEINS TO STAY HEALTHY.

1. You should always check with your doctor before you go on any diet.
2. Reduce systematically all sugar, potatoes, bananas, pastas, bread, fried foods, cookies, cakes and candies.
3. Eat citrus fruits, tomatoes, fish, meat, eggs, celery, cottage cheese, and skimmed milk.
4. Exercise is important:
   (a) It helps draw up and firm the loose skin left over after substantial weight loss takes place.
   (b) It helps build energy which dieting alone does not give.

5. Take a daily multi-vitamin mineral pill, plus a protein supplement to ensure that your body is getting all the goodness it requires.

The main thing to remember in losing weight is to reduce your food and liquid intake a little more each day. Never give up. Once you have reached the desired weight you want, then adjust your eating habits so that you maintain that weight for the rest of your life. You will have to face the fact that if you go back to the diet you had before you decided to lose weight, you will very quickly return to your old flabby body again.

The third most popular question that fellows put to us is:

- "How can I get really big arms fast?"

The answer is: "Follow this course exactly as laid down." Your arms are sure to grow bigger. But we know what the questioner is getting at. True, he wants a great overall body development. He wants broad shoulders, deep chest, brawny back, powerful legs and washboard midsection. But more than anything, he wants simply FANTASTIC ARMS . . . Big, powerful arms that attract attention wherever he goes. Arms of real strength . . . arms of whipcord steel-like muscle and sinew . . . and what's more, he wants all this in a hurry!

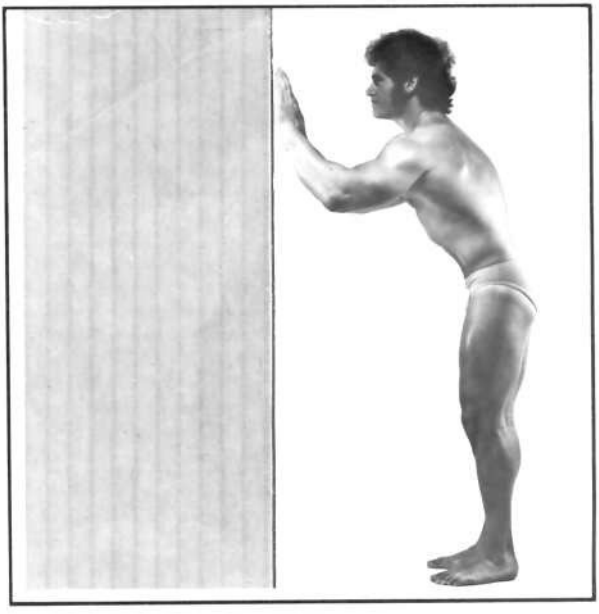
Now, if we give you a lot more exercises for your arms, then you will probably be reduced to making zero progress! To do more than we recommend in this course would defeat your purpose of building up your body. If you overwork your muscles they will get smaller, not bigger. For us to advocate extra arm exercises would be madness. You would be overdoing things . . . UNLESS . . .

(i) You are prepared to get an extra ½ hour's sleep on workout nights.
(ii) You are prepared to eat even more than we recommend.

Accordingly, if you are prepared to sleep and eat a little more, then we are prepared to give you a super special arm bulking exercise, just one, which you can do at the end of your regular workouts. But it is important that you do your regular Hercules II training first. Then, and only then, may you perform this arm bulking special.

Fabulous Hercules Wall Push:

This is the secret Arm Building exercise of 'Mr. America', Richard Dubois. Lean against a firm wall as illustrated. Move your feet back until most of your body weight is taken by your arms. Now press your body away from the wall by straightening the arms. Immediately return to the original position until your forearms lie flat against the wall surface. Push out and repeat for 3 sets of as many reps as you can manage without undue strain. Do not rest more than 30 seconds between sets. You will notice your arms 'pump' up to ½" bigger after you have done these 3 sets. Eat well, drink plenty of milk and you will gain the kind of magnificent arms you always wanted.



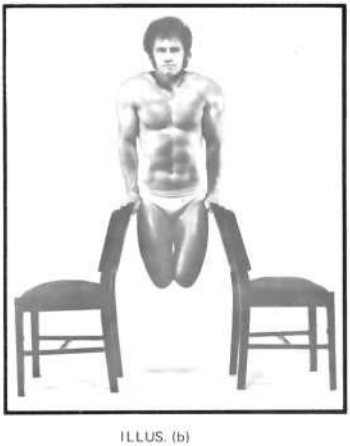
As we mentioned at the beginning of this second lesson, you will do the same exercises as last week (lesson one), plus two extra exercises.

The two new exercises this week are:

Chair Triceps Pushup
2 x 10
Illus. (a)

Adopt the position as shown in the illustration, hands about five inches apart. Keeping your elbows 'in' to your waist, lower the body up and down in a steady rhythm, allowing the chest to touch your hands on the bench or chair.

ILLUS. (a)



ILLUS. (b)

Chair Shrugs
2 x 20
Illus. (b)

Adopt the position as illustrated. Keeping your arms absolutely straight ALL the time, raise and lower your entire body by shrugging your shoulders. Aim to touch the shoulders to your ears each repetition.

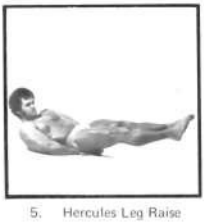
Your complete schedule will look like this:

1. Jogging in Place

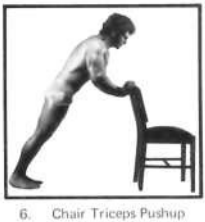
2. Squat

3. Hercules Floor Dip

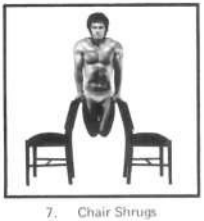
4. Tiger Chair Pull Up



5. Hercules Leg Raise



6. Chair Triceps Pushup



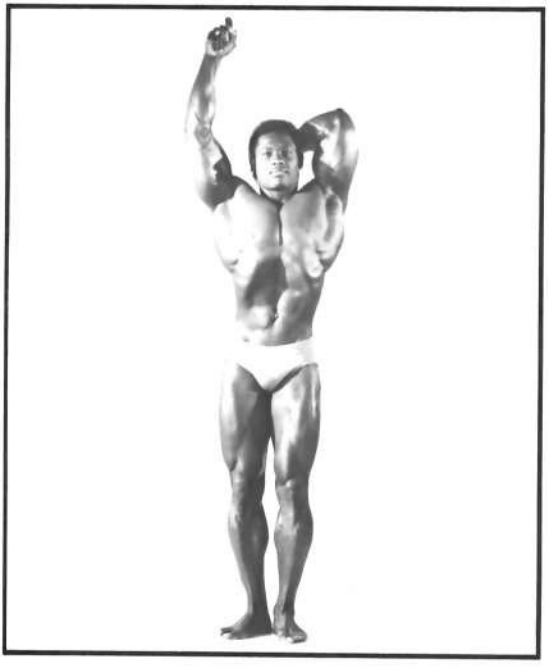
7. Chair Shrugs

Work hard and good luck!

This concludes your basic two week foundation course. Next week you will receive Lesson 3.

You will find that in this next lesson you are taken a step further into your bodybuilding advancement. Plus we are going to give you the super secrets on how to gain MUSCLE BULK! Yes, you will be let in on the latest discoveries on how you can increase your bodyweight in the fastest possible way. In addition we detail the simple steps you can take to learn how to do a simple handstand, with advanced tuition showing how you may accomplish the impressive one-handed handstand.

See you next week!



HERCULES II

[Apollo - Power - One]

lesson 3

LESSON THREE

Back again — Are you ready to go?

We assume that you have been doing the recommended foundation course during the last two weeks.

Remember the three point plan:

1. Get sufficient food
2. Exercise hard
3. Get sufficient sleep and relaxation

Now let's get to work on the following intermediate program. These movements may not look very exciting but they are going to work for you like magic. Try them and see the change in your body after each work-out . . .

EXERCISE ONE

Windmill Toe Touching

• overall body warmer-upper

Stand as illustrated (a), with your upper body parallel to the floor, arms outstretched, legs about 18 inches apart. Now simply endeavour to alternately touch first one toe and then the other by swinging your arms and twisting your torso — legs should remain still. Your arms should always form one straight line. Continue the movement for a minute or so, or until you feel somewhat tired and short of breath. One set only.

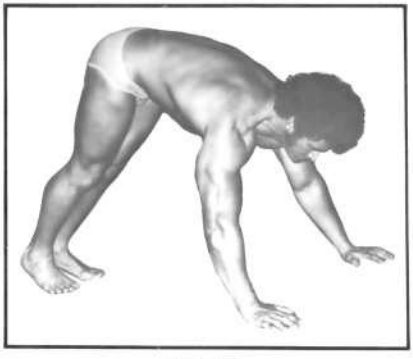
ILLUS. (a)

EXERCISE TWO:

Jacknife Deltoid Dip

- shoulders and arms

Assume a position as shown in illustration (b), making sure that your bottom is high in the air. Now, while maintaining this jacknife position, proceed to lower your head to the floor by bending your arms. Concentrate on feeling the main tension in the shoulder region rather than the chest area. For this reason you should try and maintain a strict jacknife position throughout the exercise performance. Aim to complete 3 sets of at least ten repetitions each set.



ILLUS. (b)

EXERCISE THREE:

Wide Grip Chair Pushups

- chest, arms, triceps

This exercise is specifically aimed at building the upper and outer areas of the chest.

1. Place hands, fingers facing straight ahead, on two chairs, illustration (c).
2. Chairs should be about 26" apart.
3. Lower body by bending arms until your chest just will not go any further.
4. Maintain a steady 'up-down' movement without pausing for rest at any time.

Try 3 sets of 8 reps. If you can manage more reps, do them!

ILLUS. (c)

EXERCISE FOUR:

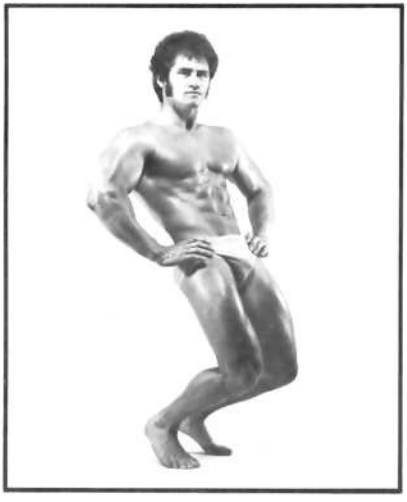
Sissy Squats

• thighs and calves

1. Make sure that the body leans back, while the hips and thighs are kept forward.
2. Keep feet about 12" apart – hands outstretched in front or on hips to help your balance.
3. Slowly lower body by squatting down, but maintain hips forward throughout the exercise.
4. Raise and lower in rhythmic fashion until full number of reps has been completed.

Perform 3 sets of 18 or more reps.

ILLUS. (d)

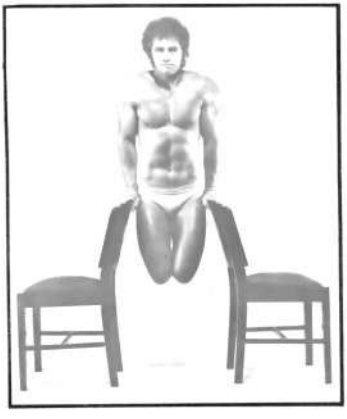


EXERCISE FIVE:

Hercules Chair Dips

• arms, chest, shoulders, neck 3 x 5

1. Adopt a position as shown in the first illustration. Make sure the chairs are against a wall or something so that they don't slip. Your hands might feel more comfortable if you place a thick towel under each hand.
2. Lower slowly into position (b) and raise again. Allow the body to lean forward slightly while performing the exercise.
3. Continue lowering and raising for three sets of as many repetitions as you can manage without undue strain. Most fellows will be able to do about five reps – You may be able to do more or less depending on your present condition.



ILLUS. (a)

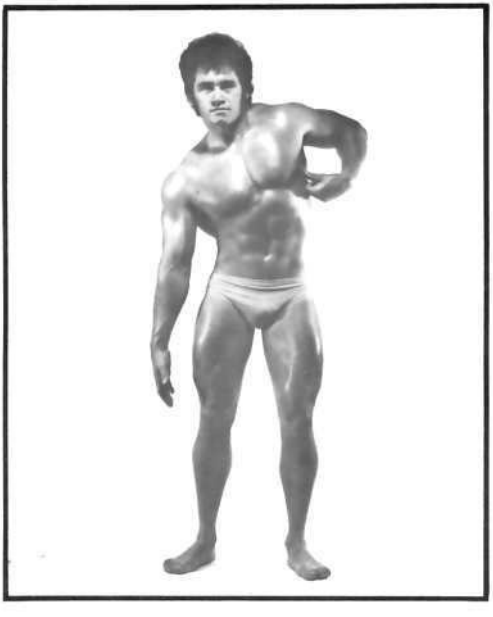
ILLUS. (b)

EXERCISE SIX

Side Bends

• midsection 3 x 50

1. Stand upright as illustrated – feet 20 inches apart. Keeping your back straight, bend the trunk from side to side.
2. Endeavour to bend as far as you are able to each side. Aim for 3 sets of 50 reps.



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This concludes your workout for Lesson Three. As usual, work hard and follow the exercises as outlined.

As we promised last week, here is the latest information on how to gain maximum muscle density.

MUSCLE BULK:

You may only want to put on 10 or 20 pounds of muscle. You may not even need that much. However, for you fellows who are really underweight, 50 lbs. of Muscle-Bulk won't be too much! Some fellows desire to put on even more. You will have some idea of how much you want to gain so follow these recommendations until you have gained the correct amount of solid muscle.

1. Perform your exercises with a steady rhythm.
2. Only rest for a minimum amount of time between sets (just until your breath gets back to normal).
3. Become super-keen about your workouts – don't miss out any exercises or add any of your own.
4. Do a maximum number of reps each set – stop only when you can't manage another rep without undue strain.
5. Try and train at the same time each day so that the 'internal clock' in your body can adjust itself to preparing your body for vigorous workouts in advance.
6. Follow the bulk-gaining diets we recommend.
7. Don't waste too much energy doing unconstructive things – save energy for your strength, skill and body training only.
8. Sleep at least 8½ hours each night.
9. Don't overdrink, smoke or dissipate.
10. Learn to relax (put your feet up) when not training.
11. Never let the body go without some nourishing food or drink every two hours – Except at night time when you are sleeping.
12. Weigh yourself every week – not every day. If you are not gaining about a pound a day, eat and rest MORE!

Here is a sample muscle-bulking diet:

BREAKFAST:
2 glasses milk
bowl of cereal, or eggs & bacon
2 slices toast with butter and jelly or honey

LUNCH:
1 glass milk
soup
2 meat, cheese or peanut butter sandwiches
dessert

SUPPER:
1 glass milk
Well-balanced meal of
meat, potatoes, vegetables
2 slices bread, butter
dessert

MORNING SNACK:
1 glass milk
peanut butter, cheese, fish, or meat sandwiches

AFTERNOON SNACK:
1 glass milk
pie, cake, or sandwich

SNACK BEFORE BED:
1 glass milk
peanut butter, ham, fish or honey sandwich

Don't get over-concerned if your waist gets a little larger while you are on this diet. You will be eating and drinking much more than you ever have before and you may well gain a little extra waist girth. You can always shed this at a later date when you 'fine down' your body with our special definition exercises.

HANDBALANCING

Who has not marvelled with disbelief at the muscular athlete, curling up into a controlled handstand, then perhaps dipping slowly so that his chest touches the floor, followed by a slow press-up to regain the powerful two-handstand? After a long pause, the body weight shifts to one side so that all the weight is on one arm, and then the 'free' limb slowly raises to show the athlete poised solidly on one arm! The single arm handstand! You too can master this amazing feat. Here's how:

STEP ONE:

In order to insure for yourself the best possible results, you must walk before you can run. Or in our case, you must strengthen the wrists and arms before you can hope to support and adjust the whole of your body-weight on them. One of the finest methods that we know of doing this can be seen in illustration 1. Called the 'crouch balance', it is performed in the following way. On crouching down, great care is taken in placing the hands correctly on the floor at about one foot in front of your knees. The hands are positioned with fingers splayed out, the index finger pointing directly ahead. See Illustration 2. The value of this splayed position will be recognized later for its help in maintaining balance. The inner thigh is braced against the elbows thereby enabling the whole of the body to be leaned forward, taking the full weight on the wrists and hands.

Illustration 1 (the crouch balance)

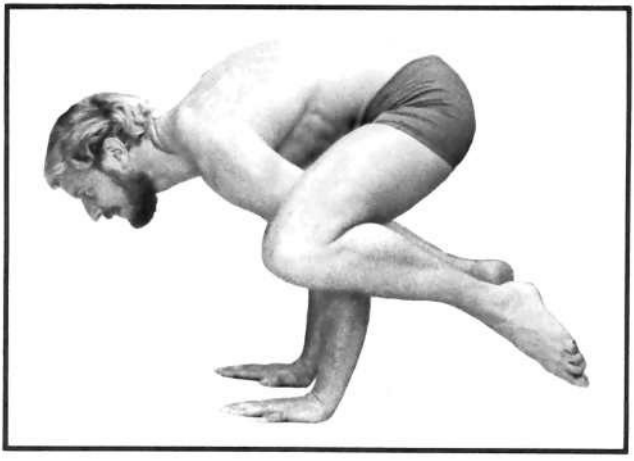


Illustration 2 (the splayed hand)

This exercise should be done slowly, holding the position for as long as possible, for a few minutes each day. Special care must be paid to the head position which should be forward and upward, stretching the neck to its limit.

Another good exercise to increase wrist flexibility and strength is one which can be done at odd times during the day. It is simply that of clenching and unclenching the fists. This can be done without anything in the hands, or if preferred, a soft rubber ball can be used.

As this initial week of your first exercise progresses, you should begin to feel the results of your crouch balance movements. Your arms will gain strength and you will slowly find that you can maintain the balance position for longer periods without undue strain.

STEP TWO:

You are now ready to perform your first handstand. This will be attempted against a wall.

1. Place your hands 18 inches from the wall at shoulder width.
2. Splay fingers as in exercise 1, all fingers very slightly bent, keeping your left leg straight and your right leg bent under (see Illustration 3).
3. Raise your head as far as possible and move your shoulders forward, so that the weight is taken from your legs and transferred over the arms.

The head position is most important as you must bring your centre of gravity to a point level with your shoulder. Pushing yourself forward from the left leg, the body now feels off balance and in order to re-balance, you will find that the legs must be raised in the air. This complete movement must be performed with enough speed to ensure that your legs go high enough so that they will fall forward and rest on the wall. This exercise again must be performed thirty to fifty times a day in order that you should become experienced in supporting your own body weight on your arms. This depends of course on how well-equipped you feel yourself to do it. As a safety measure, a cushion or pillow should be placed slightly forward and in front of the head on the ground between the hands and the wall, so that should you lose your balance in the initial stages and fall, no harm will result. See Illustration 3.

Illustration 3 (the wall balance)

It must be emphasized that if for any reason your arms are weak, care should be taken not to overdo the exercise.

STEP THREE:

You are now in the position required to teach yourself the art of balance, and the way to do this is as follows: When in the handstand position, ease your legs slightly back so that only the toes are resting against the wall. You will find that even this simple movement will require readjustment of position and push from the arms and hands. It is this ability to rebalance through the strength of the arm and wrist muscles that you must become familiar with. Now try taking one foot completely off the wall but at the same time keeping the knee locked so as to retain the outstretched position. You now have only one toe against the wall and through practice and the slow gaining of confidence, you'll find that this too can be pushed from the wall for a brief second. If you are a complete novice, you will undoubtedly find yourself losing balance and falling either to the left or right or falling backwards so that you arrive in the starting position. If you find yourself twisting to one side or the other, try to maintain balance by putting extra strength into your hands and wrists by putting extra pressure on the floor, bracing the hands harder through muscular contraction. If you must fall, try and control your descent, so as to lessen impact. After a few days practice at this (time depending on the amount of natural aptitude and practice), you can go on to Step Four.

STEP FOUR:

Your next step is literally one step. Take a short step backwards from the wall. Now each time that you kick up with your legs into the handstand position, you must try your best to arrive at and hold the point of balance. You will find that if you are not kicking hard enough from the ground, your legs will merely fall back. If you over-kick, you will arrive at and pass your balance point far too quickly to be able to hold that position, and your feet will rest on the wall. By this time your arms and wrists should be strong enough to withstand this position of being off balance without giving way, but should they, you will again of course have the pillow or cushion there to save what now becomes your shoulders and lower back, from injury. Only time is your next enemy, for time alone will enable you to reach the skill and confidence required to hold that perfect balance condition.

STEP FIVE:

The Free Handstand

When you feel that you can dispense with the wall, find an area of open ground, again use your safety pillow and practice the true unaided handstand. The one thing now that you must plan for is that you may well fall completely forward, for now you have no wall on which to save yourself. When this happens, the best way to prevent an uncoordinated fall is to take one hand away (usually weakest) as quickly as possible. You will find that by doing this, the body will twist to that side and be in a position to meet the floor with feet together in a controlled way. With time and practice, you will soon be ready for more experimentation with balance. There are various things that you can now perform in order that you should get a thorough grounding in holding that balance. As you come down from a handstand position, you will find that by bending the elbows a little, your body is momentarily checked before the feet come to the floor. Do not bend the elbows too much or you will have difficulty in straightening them out, unless of course you are very strong. This little exercise will teach you to check what is known as underbalance, something you must learn before being able to perform a good free balance. It is far more difficult to check underbalance than overbalance, so don't hesitate spending some time at this.

Overbalance

It is now that you will reap the harvest of earlier practice, for it is by pressure on the fingers that overbalance is checked. Remember, hands splayed, fingers slightly bent. Practice this regularly by deliberately pushing the legs forward to a slight overbalance position. If, in doing this, the worst comes to the worst, (you begin to fall forward), you can always move one hand a few inches forward (as you would if learning how to walk on your hands) although this is not recommended, for the perfect handstand should be executed with no movements of the hand along the floor. Beware of learning bad habits, so don't make any forward movement with your hands unless necessary to save a fall.

Overbalance to the side

Another thing you will find happening is that you may well overbalance and tend to fall to either one side or the other. The answer to this problem is to exert pressure on the little finger of the respective hand thereby bringing the legs back into balance. You may find that you have done this already, instinctively, but nevertheless, at times, allow your legs to fall slightly to the side and practice the movement as it is all good for general control.

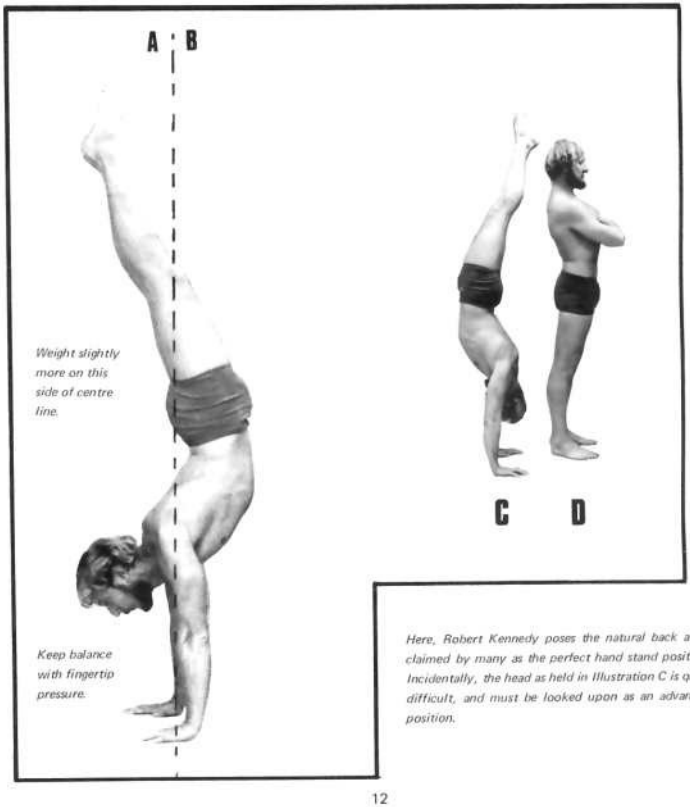
A point of interest on this question of balance is that many naturally assume that pressure on the heel of the hand would check underbalance, (see Illustration 2). Unfortunately, however, this is physically impossible, it being necessary to move the entire body back into the plane of the centre of gravity by bending the elbows and straightening them. After a time you should have no difficulty in going into something of a vertical handstand if, you have mastered the preceding steps outlined in this course. Indeed, you should now be in a position to correct slight overbalance and underbalance, and slight degrees of side movement. On the occasions when our outlined methods fail as a result of your kicking too hard, either tuck the head between the shoulders and go into a simple forward roll, or lift one hand off the floor, and take a step forward. Learn to do one or the other to use only in emergencies, as a fall flat on the back is both teeth jarring and disconcerting and, should you miss your safety pillow, discouraging.

Some points on balance

There will be those who discover that they can regain their balance by movement of their legs. To those, I would say, ideally the last leg to leave the floor should be brought up to the vertical position alongside the first. During your initial attempts, you must try to keep the legs together. Although you will find that it is possible to maintain a degree of balance by leg movement, avoid this. The legs are not to be used to maintain balance. Remember, it is only through the pressure of the fingers against the floor that the perfect balance (holding the centre of gravity) is kept.

STEP SIX:

You will notice that in Illustration 4 a dotted line has been drawn approximately through the centre of the figure. This line represents the centre of gravity mentioned earlier. The centre of gravity, although theoretical, becomes a very real point in practice, and study of our diagram should help you discover its approximate position. Its purpose here is to show you that when in perfect balance, the amount of weight on each side of the line is equal, almost, but not quite . . . there is slightly more bodyweight on the A side of the line than the B side. This is the overbalance position that was mentioned. Normally the body would fall in the direction of A, but the pressure on the fingertips must be great enough to prevent this from happening. You can, through practice, maintain this state with little or no use of the fingertips and it is this aim that you should set yourself. Practice does indeed make perfect and a short time spent each day would soon show remarkable improvement.



Here, Robert Kennedy poses the natural back arch, claimed by many as the perfect hand stand position. Incidentally, the head as held in Illustration C is quite difficult, and must be looked upon as an advanced position.

Elimentary balance must be practised until such time as you can keep the body, from shoulders to feet, rigid. Once you can do this, the amount of muscular effort required to hold balance is greatly reduced. Reaching the point where you can concentrate entirely on fingertip pressure should be your next goal and all practice should be to this end.

To sum up what we have just learned

The body is kept in a state of balance by means of the overbalance being kept in check by fingertip pressure. Underbalance is corrected by bending the elbows and strengthening them to regain the proper position. Always avoid walking forward on the hands, except in emergencies, for apart from being far from neat, it ultimately gets the would-be balancer into bad habits which are later hard to correct. Remember, practice makes perfect; a bad habit practiced enough would make that error perfect. That is why it is so important to practice whatever you do correctly from the very beginning. Control your enthusiasm to progress as fast as possible, but bear in mind what has been said. Forcing the pace can lead to bad balancing habits and even failure. This is why so much time has been taken over the elementary stages of handbalancing.

STEP SEVEN:

Variety

You are now in a position to bring a little variety into your balancing practice. Don't be afraid of forsaking your front lawn and trying your handstands on firmer ground or a soft rug perhaps. Or, if you have the facilities, sand is very good because of its softness, in strengthening the fingers and aiding your progress to the perfect handstand.

STEP EIGHT:

The Perfect Handstand:

Just what does the perfect handstand look like? It would seem that each of the many expert handbalancers hold a different opinion on this. Some insist that it is only perfect when the normal back arch (the amount of back hollow a person would have in standing erect) is shown in the handstand position. (See Illustration 5.) Others prefer a very deep arch in the claim that it looks more graceful. General concensus of opinion, however, is that the former, with the normal arch and more erect position, is more desirable and accepted as the most perfect stance of the two. It is toward this position that we suggest you plan your practice.

STEP NINE:

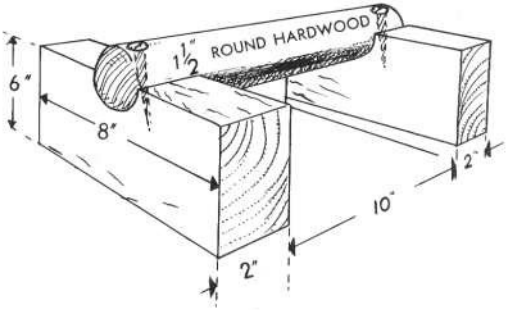
The handstand press-up

Once you have learned the kick-up handstand, and have mastered it fairly well, the handstand press-up is your next objective, for if you are to achieve the prized one hand handstand, you must start exercising for still more strength and control. The handstand press-up is performed in the following way. Again, find that wall and go into the earlier learned wall handstand, and don't forget that cushion. It should be placed directly under the head, for safety reasons. Slowly bend your arms and allow your head to sink to the pillow. This in itself is not too difficult. The next stage most people find much harder, for you must straighten your arms until fully extended. If you find that this is not too difficult, try 2 or 3 more but aim at performing 15 to 20 a day. They need not necessarily be performed at one time. The benefit of this exercise is enormous. From the fingers to the upper arms (triceps) and shoulders, new strength is gained, strength that you need to achieve success in the next step.

Floor Parallel Bars

Many people learning to handbalance find that they can more easily learn this skill by practicing from the start on what is generally known as the floor parallel bars. We have illustrated how these can be made at home using the minimum amount of material and thus keeping your costs low. (See Illustration 6.)

Illustration 6 (how to construct floor parallel bars)



MAKE TWO OF THE ABOVE FLOOR PARALLEL BARS.

The floor parallel bars are especially useful to the individual who has suffered pain or difficulty in trying to balance with his hands flat on the floor. Every rule that we have previously described can be applied equally as well when the floor bars are used to aid the beginner in learning how to handstand. For some, too, it is easier to execute their first floor press-ups on floor parallel bars, then later, on the ground. The reason why some find it is easier to press-up on the bars is because, in gripping the floor bars, the strength of the fore-arms can be better brought into play. Additionally you may find that better control can be practiced when using these floor bars when the time comes for you to learn the single arm handstand.

STEP TEN:

Learning the one handed handstand

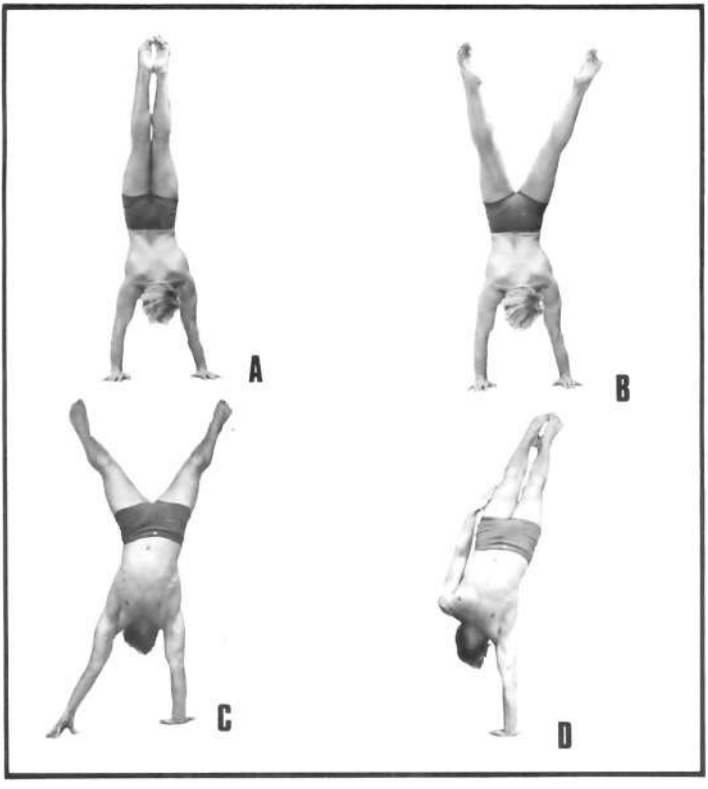
Obtaining the ultimate

Once you have acquired the ability to kick-up into a two hand handstand, and hold this position, practice constantly, and even go so far as to time yourself seeing how long you can hold the regular handstand position. Don't be too optimistic. For every 100 persons who can perform a perfect handstand, there is only one who will be able to perform a perfect 'one hand stand'; If you are to be that person, you must be prepared to practice regularly and conscientiously and not to give up, even if it seems difficult at first. The 'one hand stand' is the mark of the finished balancer and when you can do it gracefully with complete confidence, are you one of the chosen few.

The accepted method of attaining the one handed handstand is to go up into your regular handstand, gain complete control and slowly part the legs until they reach the ten past ten position of the clock. Then slowly move the bodyweight over to your strongest side (usually the right) until that arm is virtually taking all the stress. Your weaker arm will still be in contact with the floor or bar but it will be employed as a means of keeping a balance rather than maintaining the bodyweight. Practice balancing in this way so that your strongest arm can get used to maintaining 95% of your bodyweight. Gradually you will be able to do away with all contact with your weaker arm and use it solely as a balancing aid. At times, this arm will have to return to a point of contact if you find that you are losing the one arm stance.

There are four diagrams showing the position to strive for in learning the one handed handstand. (See Illustration 7). Study them carefully. Take particular notice of the free arm in Figure D. This arm, used as an aid, should ultimately be well clear of the ground. There are, in fact, few handbalancers of the highest calibre who are able to place their hand and arm along the side of their body so as to be entirely balanced at one point.

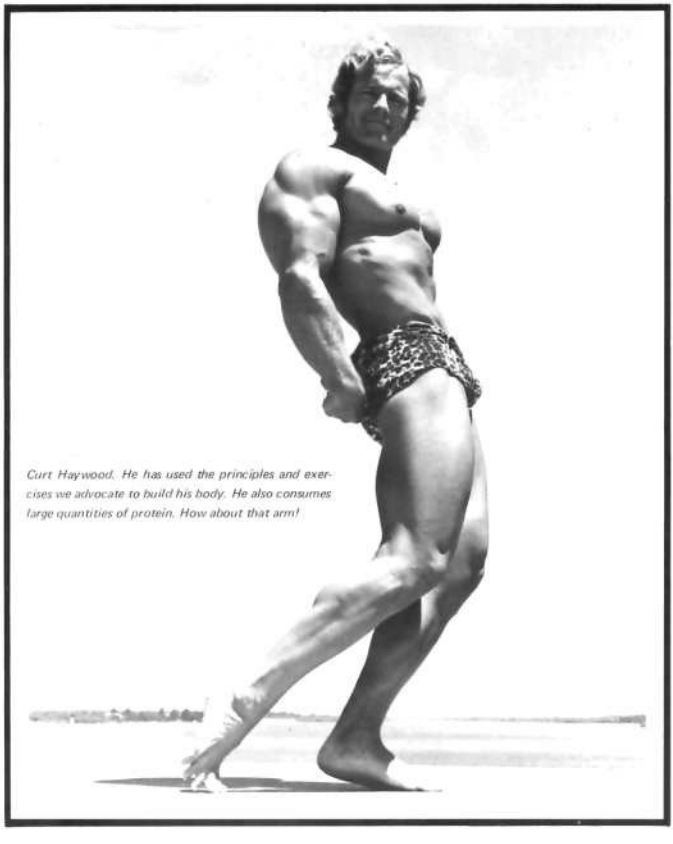
Illustration 7 (the final steps)



Difficulties you may encounter

To conclude, it should be reiterated that you must be content to progress slowly. Motivate yourself now. Decide that you are going to learn balancing. It can be fun, and you will get a sense of accomplishment once you have mastered the various techniques.

The learning of handbalancing can be compared to learning how to ride a bicycle. Both involve practice and patience at first and here is the secret. Spread your enthusiasm over several weeks. Better to practice two minutes each day for a month than to spend a frustrating hour trying to learn the art 'overnight'. Be positive. Practice regularly and you will master the art of balancing. Have fun and don't give up until that special day when during a balance, you slowly remove one hand from the floor . . . and hold that prized position – the one arm handstand!



Curt Haywood. He has used the principles and exercises we advocate to build his body. He also consumes large quantities of protein. How about that arm!

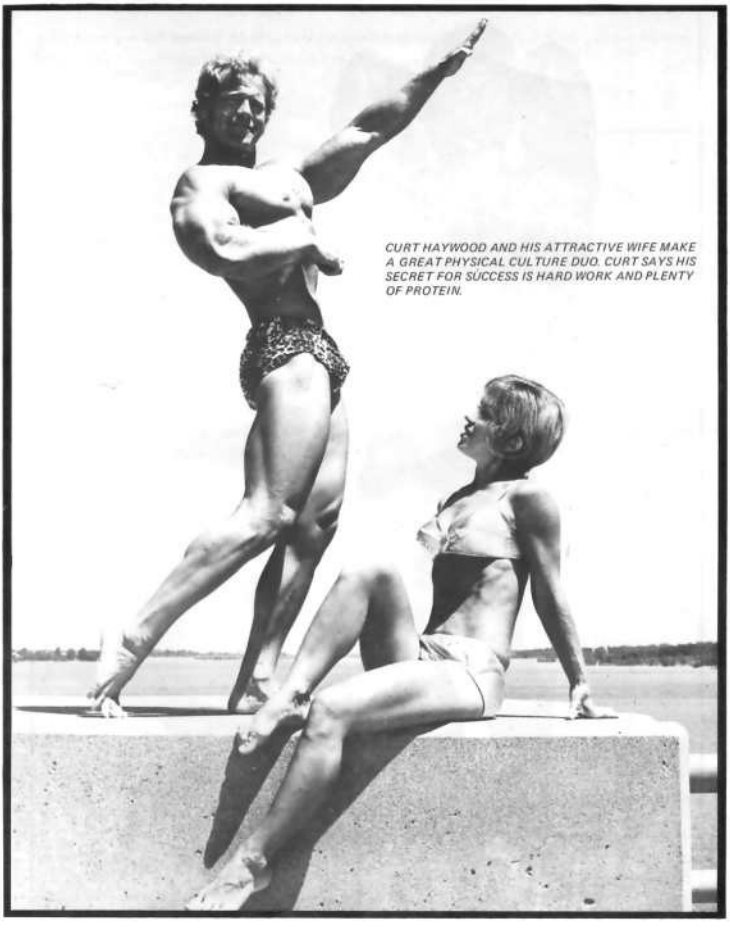
Keep up your enthusiasm – you have no doubt noticed a big improvement in your development already. You feel better . . . Right? Train hard this week. The next lesson is the beginning of a dynamic approach designed to give you utmost strength, fitness and muscle. We give you more musclebuilding know-how in the next course (Lesson 4) plus you get complete instruction on how you can employ five killer Karate moves for your defence, to ensure your personal safety at all times.

Meanwhile, train diligently . . . and watch those muscles bulge. Good luck!

HERCULES II

[Apollo - Power - One]

lesson 4



CURT HAYWOOD AND HIS ATTRACTIVE WIFE MAKE A GREAT PHYSICAL CULTURE DUO. CURT SAYS HIS SECRET FOR SUCCESS IS HARD WORK AND PLENTY OF PROTEIN.

MR. UNIVERSE, FRANK ZANE, USED THE HERCULES II PRINCIPLES AND EXERCISES TO BUILD HIS FLAWLESS PHYSIQUE – NOTE HIS SUPERB PROPORTIONS AND OUTSTANDING MUSCLE DEFINITION.

LESSON FOUR

In this lesson you will continue the same exercise schedule as you did last week, plus you will add a further two exercises. You will also increase the number of sets you do on each movement.

Here are your two new exercises:

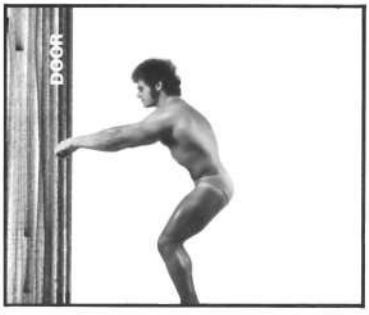
EXERCISE SEVEN:

Doorway Pulls

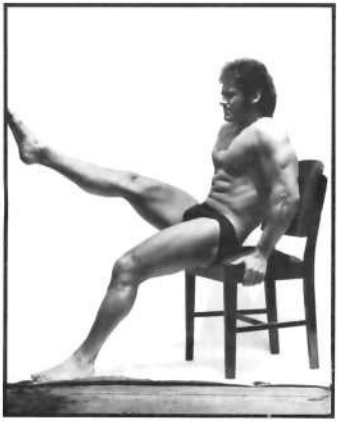
2 x 6

This exercise is designed to help you stretch your back muscles.

1. The usual way to do this is to hold onto the doorhandles of a sturdy door as illustrated (a).
2. The art is to pull on the handles so that you stretch the lat muscles (back muscles).
3. Bend your knees, keep your back and arms straight and slowly pull until you really feel the tension in your back muscles (lats). The overall effect of this special movement is to develop the "U" shape of the back. Perform 2 sets of 6 pulls.



ILLUS. (a)



ILLUS. (b)

EXERCISE EIGHT:

Seated Alternate Leg Kicks

2 x 15

Keeping your legs straight, raise each foot as high as you can (Illus. b). While supporting yourself as illustrated on a bench or chair, try and kick each leg higher during each repetition. 2 sets, 15 reps.

Accordingly, your completed schedule will look like this:

1

2

3

4

5

6

7

8

Note the increased sets in most of your previous exercises. Also, you will try to increase your repetitions during this week's lesson. Plus drink more milk!

As we mentioned last lesson, we are going to give you some tips on five killer karate blows for your defence.

However advanced the human race has become since the earliest of days, when the strongest of primitive man grunted and groaned, chased his food and battered it to death with crude weapons, we cannot escape these basic actions of attack and fear, readiness and aggression. It is all still with us, and many contend that physical violence is at a higher peak now in the 70's than it has ever been at any time before. Whether this is the case or not is a moot point; the fact is that everybody in this whole world is put to the test several times during a lifetime. Be it an attack from an enemy, an attempt at robbery by a street thief or a straightforward threat over some emotional or domestic problem in which you are called upon to fight some demonstrative bully. Thus, you need to be able to defend yourself. But make no mistake; it doesn't matter if the physical struggle is one into which you are drawn by a loud-mouthed bully who won't stop baiting you, or one that involves your life or death, it is the man who is trained to cope who wins the day.

What is Dymo Killer Karate?

Dymo Killer Karate is not a sport. It is a simple, but very effective, easy to follow, step-by-step instruction teaching the five most efficient movements that you can put into practice for your own defence. The five moves that can render any attacker HARMLESS – SHATTERED – DESTROYED . . .

Time and experience have helped us to weed out the good from the bad, the effective from the ineffective, the fighting moves that work, from the many that do not. Dymo then, is not a sport, not a game . . . It is serious stuff. Your attacker will get hurt, but that is infinitely better than your being left bleeding in the gutter in the same condition.

"Walk softly," wrote President Roosevelt, "but carry a big stick". When you have mastered these five Killer Karate steps, you will be a Superior Fighting Machine. Carry your secret 'softly'.

Only go into full-fledged attack when it is really deserved. But if it is deserved, if you really have to protect yourself, or a loved one, from an attack, then go into attack 100% full force. Use your new speed and new skill, and all your guts. Batter him with our selected Killer moves and render him a helpless, lame, pleading excuse of a man, then drag him to a police station or phone the local headquarters, so that the courts can deal with him.

Do as we suggest. No more, no less. Don't overdo any of the steps, but perform them as we recommend. Needless to say, we can take no responsibility for any accident or injury that might be sustained through the undertaking of this course, and the author does not suggest that Dymo Killer Karate be seriously used unless you are physically threatened.

Follow this instruction. You can do it. You can walk with the confidence of a lion. Be proud. Be sure of yourself in the knowledge that the five Dymo moves can give you the confidence and assurance which is your birthright.

STEP ONE:

The Golden Key

The golden key to any successful beginning is – attitude of mind. You must give yourself the one precious thing that we are unable to inject into this course – POSITIVE DETERMINATION THROUGH SELF-MOTIVATION. Tell yourself now, before you begin, that you will become a Super Fighting Machine and that now you have this instruction, you will never again feel inferior in those horrible situations that may call you into action.

1. Remember, you can do it. No move is too difficult.
2. Be alert for your training periods. Do not practice when you are tired or distracted.
3. Learning these moves is a matter of your self-discipline and work practice both.
4. Should your general health be questionable, consult a qualified physician before you begin. You can complete this instruction and have the fearful ability to smash down all attackers.

STEP TWO:

Dymo Hand Conditioning

So that you can benefit fully from this instruction, you must start by lightly conditioning the hands, etc., in order that you can take full advantage of each progressive step. These conditioning exercises have been designed so as to toughen the body without harming or deforming the body in any way. Hand conditioning is one of the most vital parts of Dymo Karate, for it is of no value lashing out at someone if you are going to hurt yourself. Dymo hand conditioning involves toughening the hands, allowing virtual full power blows to be struck at any part of an attacker's body without pain.

The beginner will benefit most from mild conditioning along with daily soaking in a strong solution of salt and water. (2 cups of salt per quart of water.) Soak for 5 minutes each day. Should it begin to dry out, the solution can be used repeatedly by adding water only. One week of soaking should be enough for most beginners. In any event, don't soak for more than two weeks at the most.

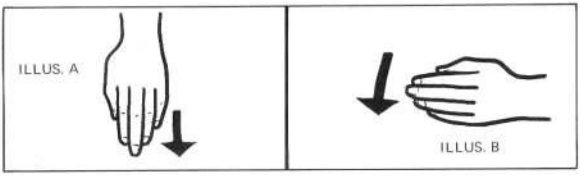
Finger Tip Conditioning

To strengthen the tips of your fingers, use ordinary household rice. Place uncooked rice in a metal bin or box up to wrist depth. Drive hand in bin wrist-deep with your hand stiff and fingers close together and extended. Continue this until you feel your hands are ready for the next step, usually one week. (See Illustration A.)

Change from rice to sand when you are ready for this more advanced ingredient. Practice sessions should last from ½ to 1½ minutes of continuous thrusting. This final step we advise only for those who feel the need to take hand conditioning to the extreme. While this step is not necessary in order to finish the course, there may be the odd student who would like to try this advanced step, but to repeat, only practice if you intend to become a real enthusiast. Change the sand bin for one made of small smooth stones. Follow through with this step in the same manner as previously illustrated.

Dymo Hand Chop Conditioning

The hand should be positioned about two inches above a solid, flat striking surface. Strike with the edge of each hand alternately, taking care not to strike with the fingers or wrist bone. (See Illustration B.)



Begin striking the surface until a slight numbing is felt. Then rest for a few minutes and begin again. Don't overdo this. You need to strengthen your hands slowly but surely. Start with a padded surface if you have tender skin.

Having completed this step, move your hand up a further two inches. Strike the surface until the numbing feeling is felt again.

Note: Even though the numbing feeling is felt, continue each step for a period of 5 to 8 minutes each day for five days each week, relaxing on the weekend to allow the hand and skin to rest and recuperate.

Move the starting position of your hand up a further two inches from the table, after you have completed step two. Continue moving the starting position of your hand up until enough speed is used to create a forceful blow on the surface without undue discomfort or bruising of the hand. The final step in the Dymo Killer hand chop conditioning is breathing. To some extent, the way you breath determines the power of your blow. Breath in deeply when raising your arms, filling your lungs. Strike . . . Force all the air out of your lungs as you smash down on your imagined opponent. When you have reached this stage you can be assured that any man who would be foolish enough to provoke such a blow from you would live to regret it.

Note: Deep breathing in co-ordination with a hand chop puts more power in the blow by continually supplying the muscles with a fresh supply of oxygenated blood. Make a point of always practicing your breathing during training periods.

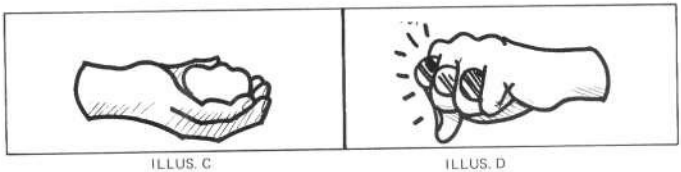
STEP THREE:

Dymo Karate Power Strikes:

(A penny job.) This strange title is a very old one; one that was heard in the dark alleyways and doorways of old England and, more notably, the Soho district of old London. It is a simple, yet devastatingly effective way of turning any fist into a brutal copper spiked jammer. So dangerous did it become to walk alone down London's poorly lighted streets that the 'penny fist' was evolved by gentlemen of the time whose livelihood demanded that they should brave a London over-run with crooks and robbers. In no time at all, the very thought of being fool enough to attack a man who had the wit to adopt such a form of self-defence struck fear in the heart of even the toughest criminal. Indeed, so effective was it, that many attempts were made at trying to ban its use in street fighting by many an old-time London 'Bobby'.

How to do it:

1. Carry the pennies (50¢ pieces are best) either in a handkerchief or wad of tissue in a handy pocket at all times.
2. At the first sign of trouble, quickly clench your fist around the handkerchief or tissues and insert the coins between your fingers. (See Illustration C and D.)



ILLUS. C

ILLUS. D

3. The fist must be clenched very tightly around the padding to protect your palm should you strike a full power blow. Practice will soon show you how to do this, and also how to make the 'penny piece hand' with just one hand in your pocket.

How it Works:

The raised 'pennies' will smash through defences. Depending on the strength of your blow, 'a penny job' can inflict crippling damage to vital parts. Acting as a spearhead for your fist, it will result in far more damage to any muscle, bone or tissue than the conventional clenched fist.

Elbow Smash:

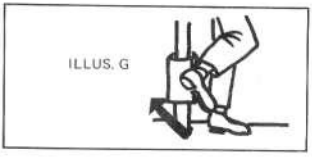
The elbow is your most effective weapon when being assailed from the rear. It has a much greater striking force than the fist, from this angle, enabling you to disable your attacker with one blow. (See Illustration E).

Knee Smash:

This is a most effective form of attack and can temporarily disable a foe. Bend your knee and bring up your leg, aiming at the groin of your opponent. This type of attack obviously is reserved for situations when your opponent is at very close range. (See Illustration F.)

Heel Stamp:

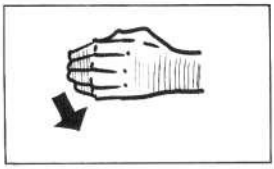
Raise your foot slightly, point the toes away from your body, bend the knee forward, and strike by stamping the inside of the heel to the rear. Usually the blow is aimed at the shin and lower leg of your assailant. The injury that can be inflicted by the naked heel of a karate expert is considerable. With the heel of your shoe, the effect is devastating!



The Knife Hand:

This is formed by holding the hand as in the hand chop position, but with the fingers bent slightly at an angle to the palm. (See Illustration H.) The knife hand can be used in two ways, both extremely painful. The downward chop is the first, and is shaped by bending the arm at the elbow and swinging it down in a hammer-like motion. Be sure to keep the fingers rigid and close together.

ILLUS. H



The second is the side chop which is formed by slashing or swinging in a semi-circle from the elbow, striking with the edge of the hand. (See Illustration I.) Both attacks can cause excruciating pain, when executed in the correct manner and speed. Both should be practiced against a suitable padded surface, or with either rice or sand as was indicated. Speed is your ally – learn to strike fast.

All movements mentioned above should be practiced daily. The fist in sand, the elbow against a soft but firm surface, and the same with the knee and heel. Look around for a suitable practice material and go to it. What you need to develop is speed and accuracy.

STEP FOUR:

Dymo Nerve Blows

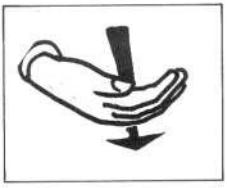
The following are four devastating nerve blows that you must learn and practice (perhaps lightly with a friend) until they are second nature to you. Take time off to consider these movements. Say to yourself, I wonder which of the defence moves that I have learned would be best in dealing with this or that person, in this or that position. In a word, become attack and defence conscious.

(i) Red Eye:
Hold the hand horizontally in the clenched fist form. Strike forward and upward into the corner of the attacker's eye.

(ii) Double Finger:
Using the index and middle fingers only, in the knife hand form, strike outward and upward at the base of the lower eyelid. This is to be used only as a last resort, as it is quite easy to blind or even dislodge the eye by using this drastic measure. (See Illustration J.)

(iii) Flat Hand Nose Crush:
Smash straight upwards into under part of nose with butt of hand. (See Illustration K.)

ILLUS. I



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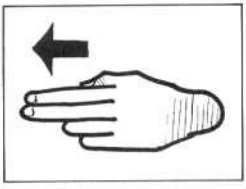
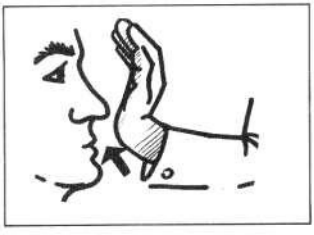




ILLUS. K

(iv) Killer Throat Crush:

Smash straight into the adam's apple using a 'penny job' clenched fist technique (if there is time). This will temporarily cut off your opponent's air, causing him to gag, allowing you the choice of either breaking off your attack, or finishing him off. (See Illustration L.)

ILLUS. L

Note: Excessive use of alcohol, tobacco and most certainly drugs, will contribute to your lack of energy when the need to exert yourself arises. Smoking not only contributes to heart disease, lung, throat and mouth cancer, but it also starves the system of oxygen and poisons the life giving blood to the extent of retarding normal growth. If you feel that you must either drink or smoke, do try to moderate your habit. Ideally, it would be much better to stop.

Street Fighting Stance:

Experience has taught us that the best possible fighting stance to adopt and use when there is the chance of danger, but when no open aggressiveness has begun, is one which shows no hostility, yet prepares you for action, if required.

The position should be as follows: The body should be relaxed yet ready for action. You should be facing the opponent with feet shoulder width apart, one foot slightly ahead of the other. Which foot is in front will depend on which is your striking hand. Your knees should be slightly bent, weight evenly placed, head up and eyes on opponent's chest. (In this way it is possible to detect any movement from either the opponent's arms or legs). A confident appearance is most important, as often this causes the attacker to back down.

STEP FIVE:

The Five Movements of Dymo Killer Karate

When you have undergone the hand conditioning, and gained both speed and strength from the exercises, you are ready for the most important step of all, the five specially designed moves (for your personal defence) of Dymo Killer Karate. The way in which they will be written out for your ease of understanding is as follows:

(a) the type of attack you are most likely to encounter;
(b) the Dymo counter movements themselves.

DYMO MOVEMENT ONE:

Standing Face to Face:

How does trouble start? It usually begins in one of two ways:

(a) It evolves through argument and is, therefore, predictable.
(b) It is pre-meditated by another (planned to take you by surprise).

The first form of attack is usually the easier to deal with by virtue of the fact that you and the aggressor will more often than not be standing facing one another. Should you ever find yourself in this position, here is what you must and must not do: In the belief that one should not enter into open hostilities unless it's unavoidable (unavoidable either because of actual bodily harm or when one's pride and honour are at stake), the first rule must be – when at all possible remain calm, but quietly adopt the fighting stance, in readiness. Do keep your hands by your sides and let all the aggressive action come from your opponent. In other words, keep away from trouble, whenever you consider it possible. If the thug then continues too far and tries to lay his hands on you, then it's time for you to act. There are again usually two ways in which a man will physically try to intimidate another he believes to be weaker than himself.

(a) He will point and stab at him with an outstretched finger, or
(b) He will grab the lapels of his jacket or a handful of sweater.

Counter:

Let your opponent get as close to you as possible, the nearer the better. Choose your time and then strike.

(a) Step quickly forward on your left leg so that the front of your right shoulder is touching the front of his right shoulder. Any outstretched, pointing or stabbing finger will be swept aside by your body as you step forward because as with every movement in this course, yours must be quick, powerful, determined and efficient.

(b) Kick, as if kicking a ball, with toes pointed, with your right leg, so that your leg swings up beside and past the right leg of your adversary. At the same time grab hif left lapel or shoulder with your right hand. If he is pointing, then grab as far up his right arm as possible with your left hand. Nine out of ten men stabbing with a pointed finger while abusing another, are likely to be using their right hand. Should he not be pointing, grab his shoulder.

(c) The final movement is to sweep downward and outward with your right leg, sweeping down as hard and quickly as you can from the highest point of your upward kick. Your leg must strike your opponent's leg or legs either at his knee height or just above. Practice will teach you to complete this whole movement in less than a second. This action of sweeping away a man's legs in one quick movement will by itself put a man on his back. But, there is one last extra touch that will, if done correctly, completely dispense with your having to bother about that man again on this occasion and, unless he's a fool, on any other occasion. At the exact moment when your leg makes contact with his, pull as hard as you can with your left hand and push, in a punching movement, as hard as you can with your right. This vicious twisting movement is your Ace card, dependent on your speed, i.e. the amount of time you have spent practicing. The back of your opponent's head will either strike the ground hard, or very hard. (See Illustration M.)

Don't then, ever be tempted to practice this movement with a friend at full speed, through fear of hurting him. Your accuracy and skill will develop just as well, in fact better, if you go through each movement slowly and think of what you are doing. Remember, these Dymo moves have been carefully selected for their devastating effect and suitability of application, from the many hundreds of moves that are possible. Practice this movement until it becomes second nature to you and then, should you be forced to use it, you can be confident that it will be 100% successful every time.

ILLUS. M

DYMO MOVEMENT TWO:

Attack From Rear:

The most common form of pre-meditated attack is, obviously enough, from the rear. One could almost imagine this form of attack being a follow-up of the last mentioned movement. You, having kept calm and (so you thought) subdued the thug, have turned to walk away, only to be assailed from behind. The thug's intention is to make his position the one of advantage. Your job is to disappoint him! There are two ways that you may be approached from behind.

(a) By running attack.
(b) By quiet surprise.

Of course, any man who is fool enough to herald his approach by running at his intended prey would not end up with any advantage of surprise. On hearing the sound of running feet, any man would turn to face the onslaught. Therefore, we must assume that, with the exception of a follow-up of belatent anger after a quarrel, all attacks from the rear would be of the surprise type.

There is no way that it can be said that a man will grab and hold another from behind; many factors must be considered – the respective height of the men concerned being not the least. Long experience in these matters have helped us to arrive at the fact that attacks from the rear can be divided into the following categories:

1. neck holds – 46%
2. shoulder holds – 22%
3. hair pulling – 16%
4. waist holds – 8%
5. others – 8%

Neck and Throat Lock – 46%

This is the most dangerous to deal with and the one where a solution must be found QUICKLY, because it will restrict your air supply. Air, of course, is absolutely essential at all times, but if you are called upon to fight, then you must have lots and lots of it. This question of air supply and its effects on the body is of utmost importance, and when understood by you, can be of immeasurable value when dealing with a thug. It must be realized that it is very hard to stop someone who is intent on murderously attacking you. By that is meant an attack from an insane psychopath. To deal with a drunk or a half-hearted punch from the man upstairs or an attack by a frightened teenager is one thing. But unfortunately, the fact is that many readers may well be faced with an aggressor of a much different calibre.

This being so, we must digress for a moment here to consider fighting and the nature of man in general. There are basically two types of minds behind the fighters.

a. those who are natural-born fighters, and
b. those whose nature is not violent yet who find themselves forced into action for one reason or another, and so basically are out of character doing so.

There is a third group but only one thug in hundreds, thankfully, can be placed into it. This group – the psychopathic group – is very small.

It is human nature for a normal man to subconsciously know, fairly accurately, how much damage to himself he is prepared to suffer before he withdraws from any combat. There are very few without fear of personal injury. The real difference is between positive and negative attitude in fighting. Mr. Positive, intent on hurting the other; Mr. Negative concerned only with how much he is getting hurt. So the ways in which to stop a man while fighting depends also on the type of man and the extent of his positive or negative attitude.

The Negative Attitude:

Generally speaking, no actual physical violence should arise out of a dispute with an intelligent, peace loving man. As he is loath to fighting, he will be more than pleased to talk.

However, with a man who is perhaps not too sure of himself, or a young inexperienced mugger, or a coward who — because he dares not give vent to any feelings of objection — waits until nature takes over in the form of an uncontrollable fit of rage, it is usually enough to demonstrate (by a punch, or well-placed jab to a vulnerable part of his face or head) that he will get hurt. It is interesting too, how the anger and drive of even the biggest of men, if he is unsure of himself, will drain away like water poured on dry earth.

The Positive Attitude:

The man who is more sure of himself is going to take a lot more to convince that you are not worth the risk when it comes to violence. It is not Dymo's intention or aim to turn you into a Karate expert with deformed hands and 20 hours of practice each week. Our aim is to turn you (as quickly as possible, with only moderate amounts of trouble) into a man who, if set upon from any angle, by anyone, will know exactly what to do. Such a positive reversal of action is guaranteed to give all attackers second thoughts. Imagine yourself being a determined thug who intends to attack somebody quickly in order to run off with their hard-earned money (a crazy idea, but nevertheless one which is buzzing around many a brain even as you read this). Speed is essential — a quick attack, a quick getaway. Now imagine attacking a man from the rear, a surprise attack, you think, on a normal man, you think. But instead of behaving normally like all other guys, and going down, you find yourself winded by a vicious blow to your solar plexus.

Hell, what did he hit you with? No man can punch backwards . . . it was his elbow! . . . that's not fair. Then you find a hand over your own mouth. Now you're being attacked. What is happening? You are the one who is doing the attacking . . . or was! This never happened before. You release your grip to fight for air but at that instant you are spun around, your arm is in a painful lock; you receive a sickening blow to your left eye and another to your testicles. Now your legs have given way from vicious blows on your shins, and a stamp on the back of your knees. The pain is unbearable; they must be broken. But even now as you sink in agony to the ground, a terrible, cruel, wicked smash from rock-hard fingers sink deep into your poor, oh so delicate throat. You don't even get a chance to look into the face of this fighting devil before a dark curtain of unconsciousness flows over you . . .

That experience, which, if you follow the Dymo course correctly you will be able to inflict on any thug, is more than enough to stop any normal attacker, even the most determined kind. Add to this the risk of a commotion and the possibility of police intervention, and you can be assured of walking the rest of the way home with all your money and valuables safe in your pocket.

The other type of opponent mentioned is very much more dangerous and difficult a character to deal with. There are only three main ways to stop a man who really means to render you into a broken, bleeding mess, and who will not stop at even murder.

a) to break his limbs so that his body cannot function;
b) to knock the air out of his chest and starve him of more air;
c) to render a stunning blow to either the nervous system and/or the brain thus bringing about virtual unconsciousness.

Let us return to the attack from the rear by a neck hold.

Counter:

Turn the neck and head into the crook of your opponent's elbow and try to get your chin under the arm to relieve pressure on your windpipe. Do not bend to the side or forward but endeavour to remain upright, for should the attacker be made to lose his footing while he still has a strong grip on your neck, then he will surely drag you to the ground, consolidating his advantage.

Grab hold on his gripping arm at the wrist and elbow (overgrip with one hand and undergrip with the other). Jerk downward to release the hold. As you jerk, bend your knees and quickly drop down beneath his arm, while at the same time turning towards your opponent. (See Illustration N.)

You will find with some practice on a friend that if you retain your grip and move with enough speed, then your opponent must be forced into turning or have his own arm broken. The result of this movement is to completely reverse your position. You are now at the back of your attacker, with his arm well and truly twisted behind his back. In nine out of ten cases, this will work perfectly enabling you to kick at the back of your opponent's knees to send him sprawling on the ground where you can then finish him off with your feet. It must be completely emphasized, however, that if the jerk of the movement has been done correctly, you will have broken his arm or shoulder girdle. Indeed, you must try your hardest to do just that.

ILLUS. N

But what if he has either two arms around your throat or has a firm grip on your hair with one hand? Then you must quickly decide which of the following alternatives to employ. But don't waste time! Remember your air supply.

a. If his head is on a level with yours, then reach back and try to get one hand behind his neck. If you are lucky in this, get your other hand over his mouth. A sure fire way of securing your release.

b. Smash as hard as you possibly can with your elbow into one or more of the nerve centers of his upper body.

c. While hanging onto his arm, kick with all your force, into his knee and shin. Scrape down his shin, stamp on his instep. Only when his hands are loosened from your neck or his grip on your hair is released, can you then duck down and effect the original movement.

The above moves can be applied to a waist hold.

Attack from the Rear with a Strangle Hold:

Counter:

Grip a finger (preferably the little finger) with each hand and jerk hard to break his grip. After breaking grip, turn to face him, maintaining your hold on the finger. Continue with vigorous kicks and knee smashing.

DYMO MOVEMENT THREE:

Attack from the Front with Club or Fist:

a) Attacker positioned for downward head blow with club or fist.

Counter:

Block his forearm with yours and divert the angle of the blow. Moving one step forward as you block his blow, thrust a clenched fist into his kidney. Follow-up with one or more of the aforementioned types of attack. The open palm technique is most effective in this situation. (See movements and Illustrations O and P.)

b) Attacker positioned as previously, but this time aims a horizontal blow with either fist or club.

Counter:

Slash club (or fist) away with forearm. Deliver butt of hand blow to facial areas to throw attacker off balance. Follow-up with attack as above.

Note: In the case of a club, you must make your first move as high up on the attacking arm as possible so as to avoid connecting with the club. The reason for this is obvious.

DYMO MOVEMENT FOUR:

Attack from Three-Quarter Angles:

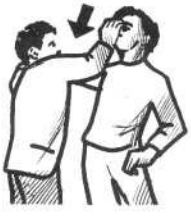
Instead of playing the role of the victim, you must assume the initiative. Always be ready to attack yourself. You know when you are vulnerable. On the street alone, etc., be alert for sights and sounds and movements to which you should respond with readiness to defend, rather than in a panic of helplessness. With an attack from the side, it can usually be dealt as the attack from the rear or front by turning your own body, with one exception: a running attack which is intended to bring you down.

Counter:

Don't wait for your assailant to hit or grab you. In this case, you must make the first move if you are certain that he intends to attack. Two actions done simultaneously at a running attacking man could immediately dissuade a man who expects a helpless prey.

a) Thrust your hand open upwards toward his face and kick out at his lower legs or knees. (See Illustration Q.) If the timing of your clawing hand is right, your attacker will be unable to avoid running into it. The upward motion of the hand is then changed to a downward motion as you tear the tips of your fingers and nails down across the eyelids (see Illustration O), tearing the lower lids and even the eyes.

b) Immediately follow this attack with an open palm spread finger slap to the side of his face with your other hand. On impact, form your hand into a claw and with a circular motion, grab the side of his face. (See Illustration P.)



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Don't use this type of attack unless you really need to. If your attacker is still moving forward and perhaps falls forward, it is possible to tear a large portion of his face away.

In the event of your first open hand aimed at his eyes being blocked by his instinctive reaching up to protect his face, either deliver a punch to his body or side step to vigorously kick him above the knees, to bring him down. (See Illustration Q.) Another useful weapon against a running man is a powerful, well placed knife hand swing to the throat. If a man is running on to such a blow, then it will finish him for fighting altogether.

Finally, always 'set' your body in readiness to receive a running attack. Strange as it may seem, you – if placed correct by balancing with feet apart – are in a better position of advantage than the attacker. If

given the chance, don't miss the opportunity of helping your adversary on his way by grabbing his outstretched arm (should there be one) and placing your leg in front of his as he runs. This would necessitate you side-stepping at the last minute. By pulling his arm as you trip him, you could effect a very heavy face fall which would give you the chance of delivering suitable kicks to his body and vital nerve centres.

(Re: Charts)

THE FIFTH AND FINAL DYMO MOVEMENT:

This is the counter to a knife attack. Although, of course, such an attack is very dangerous, it is not as rare today as many would like to make out. It is because of the rapid increase in such attacks on members of the innocent public, that the author feels that it should be included in the course.

Knife Attack One – Forward Lunge

Counter:

When aggressor attacks, leap to the side of his knife and deliver a violent side kick aimed at the back of your opponent's leg. (See Illustration R.) Try to stamp down on the upper calf just below and behind the knee. If delivered properly, your opponent will buckle, leaving you in the position to kick the aggressor in the vital nerve centres.

Remember, always attack full force. Always have the conviction to be vicious, although it may well be totally against your nature. Remember, one good blow can save a dozen weak ones.

Knife Attack Two:

Short Rapid Lunges in Successive Motion

Counter:

Divert attention in the most devastating way possible. Just how best to do this takes a little thought, but it is most important that you do not underestimate the value of turning the tables from becoming the attacked to becoming the attacker. To have someone at knife point and then to have them suddenly laugh and point behind you, or to jump in the air like a scalded cat is, as you can perhaps imagine, a little distracting for a second or two. You need only a fraction of that time to act and perhaps save your own life. One of the best ways of diverting the attention is to throw any object that you may have available.

ILLUS. R

The most available supply of small items that you could throw at your opponent can be found in your pocket. So, decide the best way of diverting attention and then do it. If there is not a way worth risking, then wait for your opportunity. To have your money demanded from your pocket, is, of course, an ideal opportunity to find an object to throw. Be clever; outwit the thug. A classic case, that I was told, of fooling a would-be clever thief, is one which involved a gentleman whose honesty is unquestionable. He was held up at the point of a knife by a heavily built man, while walking home one evening. When asked to hand over all his money, the man wracked his brain for a method of escape, but there was none. Shouting for help may have worked, but then again it may well have panicked the thug into lunging out with his knife. Then, seizing upon an idea that came to him, the man clutched at his heart while putting on a look of fear and agony, he breathlessly groaned out to the thug, "My heart, my heart". You don't realize . . . my doctor said . . ." He slumped to his knees and began making strange noises in his throat. It worked. Not daring to have a dead man on his hands, the thug turned and ran for his life. Later it cost the man a dollar or so to have his suit cleaned, but saved him over $150.00 and possible injury.

It can be learned from this, that to fight is not always the only action open to one who is attacked. Discretion has its place. Learn our five especially prepared Dymo moves, but always remember to use your brain as well as your body when outweighed by the odds of a knife or gun.

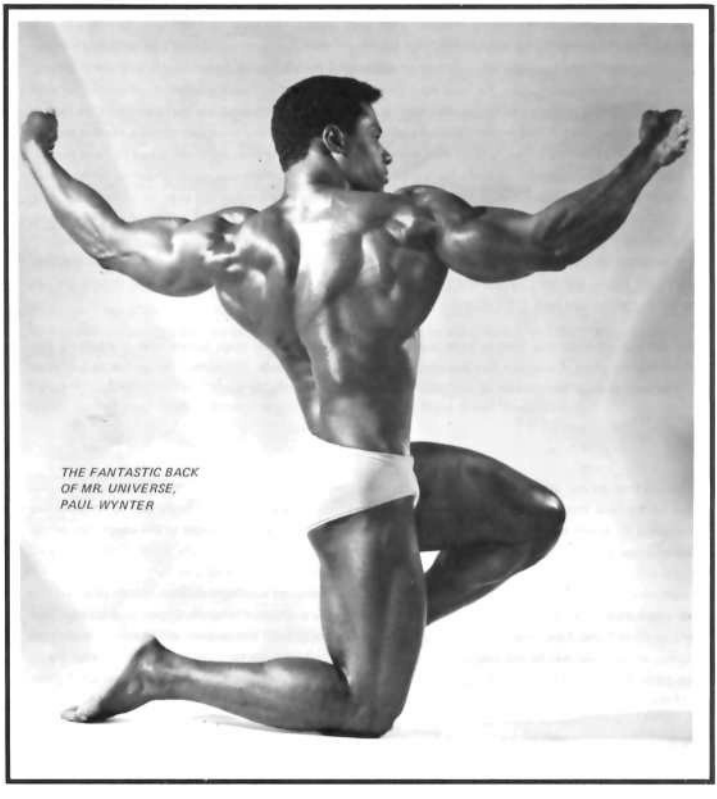
To return then to our attack with a knife, divert the attention in one of the following ways: Jump, yell, point or throw a small object. With a semi-circular kick (which will keep your body out of range – See Illustration R) smash hand or arm with shoe. Quickly follow with full blow kicks to the lower part of the body and legs. No man can give pursuit with badly bruised legs.

In conclusion, these following points must be stressed. Only attempt a defence against a knife or gun if the only alternative to self-defence would be serious or fatal injury. Do not attempt to grip or grapple with a knife or knife hand. Keep your head and upper body as far away from the weapon as possible. Where there is space, always leap out of the way of attack, and adopt the kick-knee method of defence. Always try to keep calm. It is impossible to attain a high degree of fighting ability without conscientious practice. Follow all of the steps religiously and do not attempt to run before you can walk.

The first thing you must do is to condition your hands while raising the general standards of your health and alertness with our muscle toning exercises. It would then be of great advantage to you to find a partner or friend who is willing to help you train at the various movements of the course, even if it means that you must confide in him and let him in on your secret.

Speed up your body until your Dymo defence moves are second nature and can be performed in a split second. Remember, the faster the move, the greater the element of surprise. But remember also that surprise is quick to fade.

Finally, remember that after you have mastered the five Dymo Killer Karate moves, it is a BIG stick. Carry it softly, and best of luck!



THE FANTASTIC BACK OF MR. UNIVERSE, PAUL WYNTER

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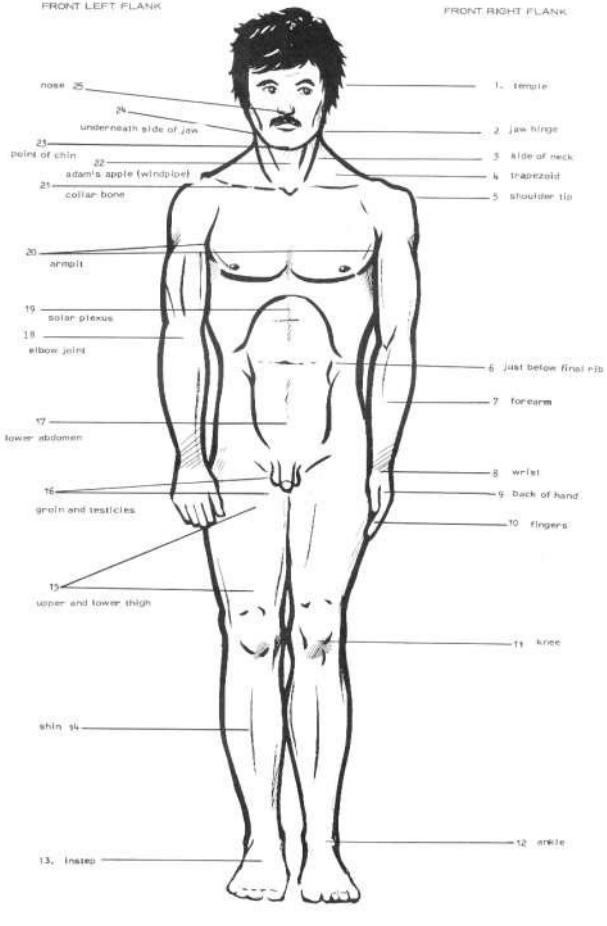
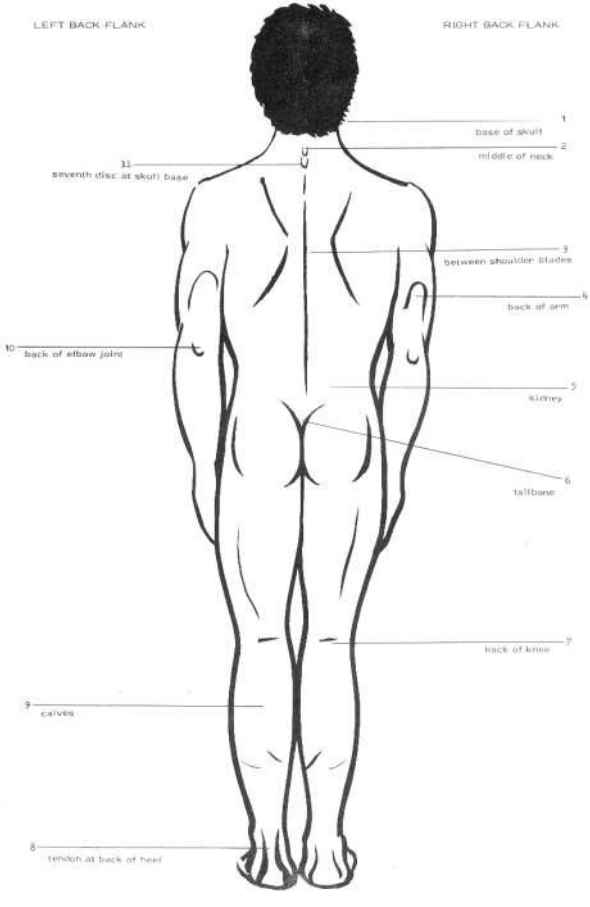
The next Hercules II lesson will be devoted to further size increase of your bodybulk. We are also going to include a complete waist reducing plan for those of you who are carrying an unwanted "spare tire". This advice is invaluable even to those who presently have thin waists, because Lesson No. 5 will give you the secrets of maintaining a trim waistline for the rest of your life. Until next week, then, TRAIN HARD!

DYMO KILLER KARATE CHART

Dymo Karate super nerve centers and most vunerable body parts




LEFT BACK FLANK
RIGHT BACK FLANK
1
base of skull
2
middle of neck
11
seventh disc at skull base
3
between shoulder blades
4
back of arm
10
back of elbow joint
5
kidney
6
tailbone
7
back of knee
9
calves
8
tendon at back of heel

HERCULES II

(Apollo - Power - One)

lesson 5

LESSON FIVE

By now you should really be on your way to getting stronger and more massively developed. Here are a few questions that fellows have forwarded to this office from time to time . . . the answers are provided by us.

Q. What happens when I quit? . . . Will I 'turn to fat' or die young?

A. Incredible as it may seem, this is an age-old question which crops up from time to time. Our answer is that a normal individual will certainly not automatically turn to fat when he stops bodybuilding. In fact it's physiologically impossible for muscle to turn into fat. Usually, the body will lose a little weight when one quits training. But we have never known anyone to COMPLETELY revert to their former skinny state after stopping all training. Of course if you consistently over-ate after giving up body-building training then you may naturally gain weight in the form of fat. The answer of course is to moderate your eating habits. As for dying young, there is every indication that those people who look after their bodies with a planned system of exercise and nutrition will tend to live longer.

Q. Can one be too old for exercise?

A. Provided you are in normal health, one is never too old to exercise. Naturally, if you are really pushing the years, then you can't expect to train like a young man. Generally speaking, every normal person, regardless of age, can benefit enormously from sensible exercise.

Q. What is the maximum weight gain a normal fellow can make each day?

A. Actually, we have known one man who could easily gain up to eight pounds a day. But we admit, he had a special ability. We feel that if a student follows our recommendations to the letter, he should gain 5–7 pounds a week. Even the gaining of a pound a day will slow up to less. Remember a gain of a pound a day leads to an overall bodyweight gain of 365 pounds a year. A modest weight gain of just one pound a week can give you over 50 pounds of solid bulk in a year! The important thing is to make sure that you are actually gaining. If your weight is not going up – eat more – yes, it's as simple as that!

Q. What are the benefits of vigorous exercise on a normal man?

A. A person who follows a program of physical exercise feels fitter, enjoys more strength and endurance. Chances are your heart will be stronger, your blood vessels more supple, your body more alive. Your sex virility will be increased with the added body fitness. You will become exhausted less easily. Most important to you, of course, will be the fact that a firm, well-muscled body looks GOOD – maybe TERRIFIC! Don't let anyone knock healthy exercise.

Q. **Does heavy exercise prevent one from growing taller?**

A. Definitely NO – In fact there are many exercises that are designed to help a person reach maximum statural development which, if you are short and poorly postured, may well help you tall-up to your full height potential. Further details about this stature program may be had by writing to a company called Pro-Height (h2), P.O. Box 100, Norval, Ontario, Canada.

Q. **What controls the bodyweight of a man?**

A. His health, the amount of vigorous exercise, food and sleep he takes.

Q. **Is weight-lifting good for building muscles?**

A. You bet it is! Training with weights is a fabulous way to develop muscles. They are especially helpful in building thighs and chest muscles. Unfortunately, the majority of weight trainers we know somewhat overdo the development of these areas. Weights should be used intelligently and not misused to build grotesque over-developed muscles.

Q. **What are the best bodybuilding foods in your opinion?**

A. We honestly believe that a really skinny fellow should eat just about anything he can get his hands on – Good foods, of course, not de-vitalized junk foods. Pies, whole wheat breads, milk, meat, eggs, fish, honey, dairy products, potatoes, vegetables – everything – the more the better! However, if you are inclined to carry a little fat on your waist and hips, then you should watch your diet a little more carefully. Concentrate on eating mainly high protein foods – eggs, cheese, skimmed milk, meat and fish. You may also wish to accelerate your bodybuilding by buying a good protein powder. Take a cupful after your workouts and watch the extra muscle pile on at triple speed.

Q. **Is it a good idea to strain while performing the Hercules II exercises?**

A. No. But you should understand the difference between straining and training hard! It is certainly a good idea to force the repetitions until the last one is difficult to 'squeeze' out. But on the other hand, one should not persevere until the whole body is trembling with exaggerated effort! This would mean you are training on your nerves rather than on your muscular resources.

Q. **How should I breathe during the special exercises you recommend in this program?**

A. This is a simple one. Breathe once for each repetition. "In" before the hardest part of the exercise and "out" during the easiest part.

Q. **Does the Hercules II program involve progressive training? Exactly what is progressive training?**

A. This Hercules II bodybuilding course is indeed built around the progressive exercise principle. Progressive training simply means that the body is subjected to an ever-increasing 'work load'. In other words, your exercise program gets tougher and tougher as you advance in strength. Consequently, your muscles will enlarge from week to week because you are giving them more and more work. Add a little more exercise each week and see the spectacular results!

This Weeks Schedule

Your schedule for this week is identical to that which you performed last week. The only difference is that you add an extra set to each exercise. Your schedule will look like this:

1

2

3

4

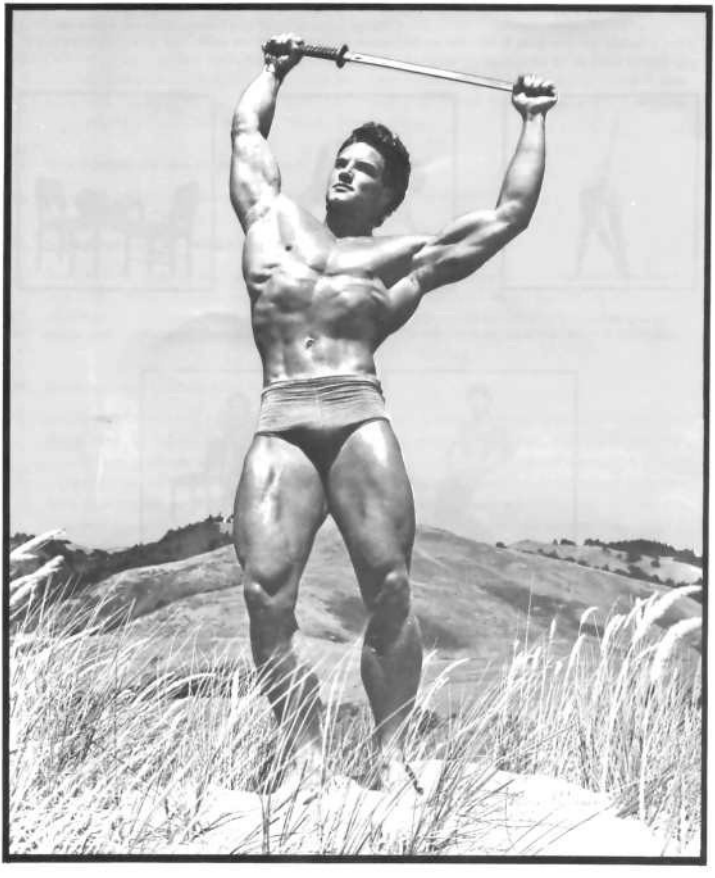
5

6

7

8

Even though the repetitions are listed the same as last lesson's, we want you to push for a rep increase in all your exercises. By doing this you will force your muscles to a new plateau of growth. Remember your protein intake. Keep it high.



Was there ever a physique like Steve Reeves'? He built his body, reaching perfection years before this course was devised. However, even though he was not a pupil of the Hercules II plan, we are printing this magnificent photograph as an example of the physical perfection man can attain.

As we mentioned last week in Lesson No. 4, we are going to let you in on all the relevant facts about losing weight.

1. Anyone in normal health can lose weight!
2. Losing weight is a matter of eating less than your body is presently being fed.
3. Weight loss can be accelerated by the regular performance of vigorous exercise along with your calorie controlled diet (such as contained in this course).

If you are overweight, the first thing to decide is just how much weight you would like to lose. . .10 pounds? 20 pounds? 30 pounds? Or do you just have a little excess flab around your waist? Decide now – because you are not going to stop trying until you have lost every ounce of flab from your body! We do not recommend that you take the trouble to count calories. What we suggest is that you get serious about reducing your food intake from what it was. If there is any question about your health you should consult your doctor. In fact it is always a good idea to see your physician for a physical checkup before undergoing any diet. We advise that you consider taking extra vitamins (One a Day Plan) while on any diet. They will not make you fat and you will at least ensure that you are not deficient in any vitamin.

So to begin with, weigh yourself. Then write down on paper exactly what you eat each day. Don't cheat now – Put down in writing ALL those candies, cakes, coffees, cookies, etc. Then systematically start to reduce your intake of fattening foods. For example, the first week you should reduce all your sugars in coffees, etc. (use an artificial sweetener, or else take your beverages without sweetening). You will find that some weight will be lost. Next week, still omitting your sugars, attempt to reduce your potatoes. Eat none at all! The following week you can limit your bread, then beer, cookies, pastas, cokes, ice cream, etc. Little by little, you will be reducing your diet until it contains virtually ONLY mainly protein foods. Of course you will still be taking in some carbohydrates but not enough to make you gain weight.

Exercise is important when trying to reduce, because it does three things:

1. It helps firm up and tone your muscles.
2. It gives you energy which dieting without exercise does not do.
3. It helps loose skin tighten up around your body.

Don't be fooled by the 101 different ads you see for reducing flab from the body. There are no secret pills which can safely take off fatty tissue. There are no special fat-burning foods or 'Miracle Diets'. Attack the problem sensibly – simply exercise regularly and reduce those fattening foods a little more each week. Keep an eye on your progress by weighing yourself from time to time. It's as simple as that! We don't want to fill your head with the impossible task of recording every calorie you ingest. We simply want you to reduce the fattening meals and snacks you have eaten, concentrate more on high protein foods and regular healthful exercise.

Here are a Few Tips for the Person Who Wants to Lose Weight:

1. Don't oversleep. Eight hours is about enough.
2. Keep on the move, especially after meals.
3. Walk regularly.
4. Don't worry about hunger pangs – They are simply a sign of the stomach not getting its usual food intake. They will go away (and so will your flab!).
5. Be honest in admitting to what you eat. Don't take a snack or candies and then pretend you are on a strict diet.
6. Gradually cut down your eating, a little more each week.
7. Take care over your posture. Walk and stand erect.
8. Don't expect miraculous results.
9. You can't expect to keep losing every week – Loss will slow up from time to time.
10. Eat slowly – Cut up your food to make it look like more.
11. Prepare yourself to become a little depressed. It will pass.
12. Diet cola before meals can lessen your appetite.

Whereas we do not advise that you try and count every calorie, we are listing some foods and their calorie content to give you an idea of which foods to avoid. Remember, the fewer calories you eat, the more flabby weight you will lose.

Next week we talk about hair health. Whether you have a tendency to lose hair or not, the advice in this next lesson (No. 6) can help you give your hair all the help possible.

We will also be giving you more musclebuilding tuition which will take you to the halfway mark in this course. Included also will be the full facts about protein supplements as an aid to your bodybuilding training.

ROBERT NAILON

YOUR CALORIE COUNTER

Food Counts in Normal Portions (as calculated by the U.S. Department of Agriculture)

Values for Cooked Vegetables are Without Added Fat

MILK AND MILK PRODUCTS:

Buttermilk, from skimmed milk, 1 cup	85
Milk, cow:	
Fluid, whole, 1 cup	165
Fluid nonfat (skimmed), 1 cup	85
Evaporated (undiluted), 1 cup	345
Condensed (undiluted), 1 cup	980
Dry, whole, 1 tablespoon	40
Dry, nonfat solids, 1 tablespoon	30
Cheese, 1 ounce:	
Cheddar (1 in. cube)	115
Cheddar, processed	105
Cheese foods, Cheddar	90
Cottage, from skimmed milk	25
Cream	105
Swiss	105
Cream, 1 tablespoon:	
Light	30
Heavy	50
Beverages, 1 cup:	
Chocolate (all milk)	240
Cocoa (all milk)	235
Chocolate flavored milk	185
Malted milk	280

Desserts:

Blanc mange, 1 cup	275
Custard, baked, 1 cup	285
Custard pudding, canned, strained, (infant food), 1 ounce	30
Ice cream, plain:	
1/7 of quart brick	165
8 fluid ounces	295

FATS, OILS, RELATED PRODUCTS:

Bacon, medium fat, broiled or fried, 2 slices	95
Butter, 1 tablespoon	100
Fats, cooking (vegetable fats):	
1 cup	1770
1 tablespoon	110
Lard, 1 tablespoon	125
Margerine, 1 tablespoon	100
Oils, salad or cooking, 1 tablespoon	125
Salad dressings, 1 tablespoon:	
French	60
Home-cooked	30
Mayonnaise	90

EGGS:

Eggs, raw, medium:	
1 whole	75
1 white	15
1 yolk	60
Eggs, dried, whole, 1 cup	640

MEAT, POULTRY, FISH:

Beef, 3 ounces, without bone, cooked:	
Chuck	265
Hamburger	315
Sirloin	255
Beef, canned:	
Corned beef, medium fat, 3 ounces	180
Corned beef hash, 3 ounces	120
Strained (infant food), 1 ounce	30
Beef, dried, 2 ounces	115
Beef and vegetable stew, 1 cup	250
Chicken, canned, boned, 3 ounces	170
Chili con carne, canned (without beans) 1/3	170
Clams, raw, meat only, 4 ounces	90
Cod, dried, 1 ounce	105
Crab meat, canned or cooked, 3 ounces	90
Flounder, raw, 4 ounces	80
Haddock, fried, 1 fillet (4 x 3 x 1/2 in.)	160
Halibut, broiled, 1 steak (4 x 3 x 1/2 in.)	230
Heart, beef, raw, 3 ounces	90
Kidneys, beef, raw, 3 ounces	120
Lamb, leg roast, cooked, 3 ounces	230
Lamb, canned, strained (infant food), 1 ounce	30
Liver, beef, fried, 2 ounces	120
Liver, canned, strained (infant food), 1 ounce	30
Mackerel, canned, solids and liquid, 3 ounces	155
Oysters, meat only, raw, 1 cup (13–19 medium size oysters, selects)	200
Oyster stew, 1 cup with 6–8 oysters	245

Pork loin or chops, cooked, 3 ounces without bone	285
Pork, cured ham, cooked, 3 ounces without bone	340
Pork luncheon meat, canned, spiced, 2 ounces	165
Salmon, canned, pink, 3 ounces	120
Sardines, canned in oil, drained solids, 3 ounces	180
Sausage:	
Bologna, 1 piece (1 x 1½ in. diam.)	465
Frankfurter, 1 cooked	125
Pork, bulk, canned, 4 ounces	340
Scallops, raw, 4 ounces	90
Shad, raw, 4 ounces	190
Shrimp, canned, meat only, 3 ounces	110
Soups, canned, ready-to-serve:	
Beef, 1 cup	100
Chicken, 1 cup	75
Chicken, strained (infant food), 1 ounce	15
Clam chowder, 1 cup	85
Tongue, beef, raw, 4 ounces	235
Tuna fish, drained solids, 3 ounces	170
Veal cutlet, cooked, 3 ounces without bone	185

MATURE BEANS AND PEAS; NUTS:

Almonds, shelled, unblanched, 1 cup	850
Beans, canned or cooked, 1 cup:	
Red Kidney	230
Navy or other varieties with:	
Pork and tomato sauce	295
Pork and molasses	325
Beans, lima, dry, 1 cup	610

Brazil nuts, shelled, 1 cup	905
Coconut, dried, shredded (sweetened), 1 cup	345
Cowpeas, dry, 1 cup	685
Peanuts, roasted, shelled, 1 cup	805
Peanut butter, 1 tablespoon	90
Peas, split, dry, 1 cup	690
Pecans, 1 cup, halves	750
Soybeans, dry, 1 cup	695
Walnuts, English, 1 cup, halves	655

VEGETABLES:

Asparagus:	
Cooked, 1 cup spears	35
Canned, green, 6 spears, medium size	20
Canned, bleached, 6 spears, medium size	20
Beans, lima, immature, cooked, 1 cup	150
Beans, snap, green, cooked, 1 cup	25
Beets, cooked, diced, 1 cup	70
Broccoli, cooked, flowee stalks, 1 cup	45
Brussels sprouts, cooked, 1 cup	60
Cabbage, 1 cup:	
Raw, shredded	25
Cooked	40
Carrots:	
Raw, grated, 1 cup	45
Cooked, diced, 1 cup	45
Canned, strained (infant food), 1 oz.	10
Cauliflower, cooked, flower buds, 1 cup	30

Celery, 1 cup:	
Raw, diced	20
Cooked, diced	25
Collards, cooked, 1 cup	75
Corn, sweet:	
Cooked, 1 ear (5 in. long)	85
Canned, solids and liquid, 1 cup	170
Cowpeas, immature seed, cooked, 1 cup	150
Cucumbers, raw, 6 slices (1/8 in. thick, center section)	5
Dandelion greens, cooked, 1 cup	80
Endive, raw, 1 pound	90
Kale, cooked, 1 cup	45
Lettuce, head, raw, 2 large or 4 small leaves	5
Mushrooms, canned, solids and liquid, 1 cup	30
Mustard greens, cooked, 1 cup	30
Okra, cooked, 8 pods (3 in. long, 5/8 in. diam.)	30
Onion, raw:	
Mature, 1 onion (2½ in. diam.)	50
Young green, 6 small onions without tops	25
Parsnips, cooked, 1 cup	95
Peas, green:	
Cooked, 1 cup	110
Canned, strained (infant food), 1 ounce	15
Peppers, green, raw, 1 medium	15
Potatoes:	
Baked, 1 medium (2½ in. diam.)	95
Boiled in skin, 1 medium (2½ in. diam.)	120
Boiled, after peeling, 1 medium (2½ in. diam.)	105
French-fried, 8 pieces (2 x ½ x ½ in.)	155
Potato Chips, 10 medium (2 in. diam.)	110

Pumpkin, canned, 1 cup	75
Radishes, raw, 4 small	5
Rutabagas, cooked, cubed or sliced, 1 cup	50
Soybean sprouts, raw, 1 cup	50
Spinach:	
Cooked, 1 cup	45
Canned, strained (infant food), 1 ounce	5
Squash:	
Summer, cooked, diced, 1 cup	35
Winter, baked, mashed, 1 cup	95
Winter, canned, strained (infant food), 1 ounce	10
Sweet potatoes, peeled, 1 sweet potato:	
Baked (5 x 2 in.)	185
Boiled (5 x 2½ in.)	250
Tomatoes:	
Raw, 1 medium (about 2½ in. diam.)	30
Canned or Cooked, 1 cup	45
Tomato juice, canned, 1 cup	50
Turnips, cooked, diced, 1 cup	40
Turnips, cooked, 1 cup	45
Vegetables, mixed, canned, strained (infant food), 1 ounce	10

FRUITS:

Apples, raw, 1 medium (2½ in. diam.)	75
Apple juice, fresh or canned, 1 cup	125
Apple betty, 1 cup	345
Applesauce, canned, sweetened, 1 cup	185
Apricots:	
Raw, 3 apricots	55
Canned in syrup, 4 medium halves & 3 tablespoons syrup	95

Apricots (cont'd)	
Canned, strained (infant food), 1 ounce	15
Dried, cooked, unsweetened, fruit & liquid, 1 cup	240
Avocados, raw, ½ peeled fruit (3½ x 3¼ in.)	280
Bananas, raw, 1 medium (6 x 1½ in.)	90
Blackberries, raw, 1 cup	80
Blueberries, raw, 1 cup	85
Cantaloupes, raw, ½ melon (5 in. diam.)	35
Cherries, 1 cup, pitted:	
Raw	65
Canned, red, sour	120
Cranberry sauce, sweetened, 1 cup	550
Dates, "fresh" and dried, pitted and cut, 1 cup	505
Figs, raw, 3 small (1½ in. diam.)	90
Figs, dried, 1 large (2 x 1 in.)	55
Fruit cocktail, canned, solids and liquid, 1 cup	180
Grapefruit, raw, 1 cup sections	75
Grapefruit juice:	
Canned, unsweetened, 1 cup	90
Frozen concentrate, 6 ounce can	295
Grapes, 1 cup:	
American type (slip skin)	85
European type (adherent skin)	100
Grape juice, bottled, 1 cup	170
Lemon juice, fresh, 1 cup	60
Lime juice, fresh, 1 cup	60
Oranges, 1 medium (3 in. diam.)	70
Orange juice:	
Fresh, 1 cup	110
Canned, unsweetened, 1 cup	110
Frozen concentrate, 6 ounce can	300

Papayas, raw, cubed, 1 cup	70
Peaches:	
Raw, 1 medium (2½ x 2 in. diam.)	45
Canned, strained (infant food), 1 ounce	15
Canned, in syrup, solids and liquid, 1 cup	175
Dried, cooked, unsweetened, 1 cup (10–12 halves and 6 tablespoons liquid)	225
Pears:	
Raw, 1 pear (3 x 2½ in. diam.)	95
Canned, in syrup, 2 medium size halves and 2 tablespoons syrup	80
Canned, strained (infant food), 1 ounce	15
Persimmons, Japanese, raw, seedless kind, 1 persimmon (2¼ in. diam.)	95
Pineapple:	
Raw, diced, 1 cup	75
Canned, in syrup, 2 small or 1 large slice and 2 tablespoons juice	95
Pineapple juice, canned, 1 cup	120
Plums, raw, 1 plum (2 in. diam.)	30
Prunes, cooked, unsweetened, 1 cup (16–18 prunes and 1/3 cup liquid)	310
Prune juice, canned, 1 cup	170
Raisins, dried, 1 cup	430
Raspberries, red, raw, 1 cup	70
Rhubarb, cooked with sugar, 1 cup	385
Strawberries:	
Raw, 1 cup	55
Frozen, 3 ounces	90
Tangerines, 1 medium (2½ in. diam.)	35
Tangerine juice, canned, 1 cup	95
Watermelons, ½ slice (3/4 x 10 in.)	45

GRAIN PRODUCTS:

Barley, pearled, light, dry, 1 cup	710
Biscuits, baking powder, enriched flour, 1 biscuit (2½ in. diam.)	130
Bran Flakes, 1 cup	115
Breads, 1 slice	
Boston brown, unenriched	105
Rye	55
White, unenriched, 4 per cent nonfat milk solids	65
White, enriched, 4 per cent nonfat milk solids	65
White, enriched, 6 per cent nonfat milk solids	65
Whole Wheat	55
Cakes:	
Angel food, 1 in. sector (1/12 of cake, 8 in. diam.)	110
Doughnuts, cake type, 1 doughnut	135
Foundation, 1 square (3 x 2 x 1¾ in.)	230
Foundation, plain icing, 2 in. sector, layer cake (1/16 of cake, 10 in. diam.)	410
Fruit cake, dark, 1 piece (2 x 2 x ½ in.)	105
Gingerbread, 1 piece (1 x 2 x 2 in.)	180
Plain cake and cupcakes, 1 cupcake (2¾ in. diam.)	130
Sponge, 2 in. sector (1/12 of cake, 8 in. diam.)	115
Cereal foods, dry, precooked (infant food), 1 ounce	105
Cookies, plain and assorted, 1,3-in. cookie	110
Corn bread or muffins made with enriched, degermed corn meal, 1 muffin (2¾ in. diam.)	105
Corn Flakes, 1 cup	95
Corn Grits, degermed, cooked, 1 cup:	
Unenriched	120
Enriched	120

Crackers:	
Graham, 4 small or 2 medium	55
Soda, plain, 2 crackers (2½ in. diam.)	45
Farina, enriched, cooked, 1 cup	105
Macaroni, cooked, 1 cup:	
Unenriched	210
Enriched	210
Muffins, made with enriched flour, 1 muffin 2¾ in. diam.	135
Noodles, containing egg, unenriched, cooked, 1 cup	105
Oatmeal or rolled oats:	
Cooked, 1 cup	150
Precooked (infant food), dry, 1 oz.	105
Pancakes, baked wheat, with enriched flour, 1 cake (4 in. diam.)	60
Pies, 4 inch sector (9 in. diam.):	
Apple	330
Custard	265
Lemon meringue	300
Mince	340
Pumpkin	265
Pretzels, 5 small sticks	20
Rice, cooked, 1 cup:	
Converted	205
White or milled	200
Rice, puffed, 1 cup	55
Rolls, plain, enriched, 1 roll (12 per pound)	120
Spaghetti, unenriched, cooked, 1 cup	220
Waffles, baked, with enriched flour, 1 waffle (4½ x 5-5/8 x ½ in.)	215

Wheat flours:	
Whole, 1 cup stirred	400
All purpose or family flour:	
Unenriched, 1 cup sifted	400
Enriched, 1 cup sifted	400
Wheat germ, 1 cup stirred	245
Wheat, shredded, 1 large biscuit, 1 oz.	100

SUGARS, SWEETS:

Candy, 1 ounce:	
Caramels	120
Chocolate, sweetened, milk	145
Fudge, plain	115
Hard	110
Marshmallows	90
Chocolate syrup, 1 tablespoon	40
Honey, strained or extracted, 1 tablespoon	60
Jams, marmalades, preserves, 1 tablespoon	55
Molasses, cane, 1 tablespoon:	
Light	50
Blackstrap	45
Syrup, table blends, 1 tablespoon	55
Sugar, 1 tablespoon:	
Granulated, cane or beet	50
Brown	50

MISCELLANEOUS:

Beverages, carbonated, cola type, 1 cup	105
Boullion cubes, 1 cube	2
Chocolate, unsweetened, 1 ounce	140
Gelatin dessert, plain, ready-to-serve, 1 cup	155

Olives, pickled "mammoth" size, 10 olives:	
Green	70
Ripe, Mission variety	105
Pickles:	
Dill, cucumber, 1 large (4 in. long)	15
Sweet, cucumber or mixed, 1 pickle (2¾ in. long)	20
Sherbet, ½ cup	120
Vinegar, 1 tablespoon	2
White sauce, medium, 1 cup	430
Yeast:	
Compressed, baker's, 1 ounce	25
Dried brewer's, 1 tablespoon	20

HERCULES II

(Apollo - Power - One)

lesson 6

LESSON SIX

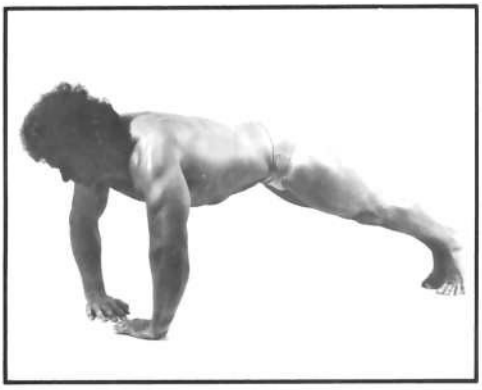
This is the halfway mark. You should now start to accelerate the pace at which you workout. Generally speaking, the more training you can do in a short space of time, the more your muscles will grow. Most of the time you will find your three a week workouts take about 15 minutes. If they are taking much longer, then you are training too slowly. Speed up!

This week we will add just one exercise.

Next week your WHOLE TRAINING SCHEDULE CHANGES. Next week you will start the HERCULES SUPER PUMPING SYSTEM! Meanwhile, your additional exercise for this week is:

The Tricep Extension
3 x 6
• (arms)

Illus. (a)



1. Adopt the position shown in Illustration (a). Now lower your body until you are resting on your forearms with hands about two inches apart.

2. From this position simply straighten your arms, lifting your body as though you were doing a regular pushup.

3. Return to the original position, continuing for 6 reps.

Your complete schedule for this week will be:

1. Windmill Toe Touching – 2 minutes

2. Jacknife Floor Dips – 4 x 10

3. Wide Grip Chair Pushups – 4 x 8

4. Sissy Squats – 4 x 18

5. Hercules Chair Dips – 4 x 5

6. Side Bends – 4 x 50

7. Doorway Pulls – 3 x 6

8. Seated Alternate Leg Kicking – 3 x 15

9. Triceps Extensions – 3 x 6

HOW TO CARE FOR YOUR HAIR!

Hair, hair, hair . . . So you're balding? Hurt's, doesn't it? But even if you're not losing hair, it is a good idea to look after your scalp so that you can do all that is possible to prevent excessive hair loss.

First of all, we want you to understand that baldness is mainly hereditary. If your father, or more important your grandfather was bald, then chances are that your hair will start thinning at a comparatively early age! In a few cases this process cannot be appreciably slowed, but let us assure you that in by far the majority of cases the hair can be cared for in a way that the hair loss is considerably reduced and that there are untold thousands of individuals who have followed general hair health rules and who have accordingly arrested ALL hair loss and have maintained full heads of rich hair into old age.

There are many lotions and potions that are sold through shops, stalls, stores and through advertising in the press and magazines, but none work in giving new hair! It's as simple as that . . .

Here are the facts: Hair research has been carried out now for decades. The following 'steps' for a stronger, healthier and thicker head of hair have been formulated from all the knowledge we have gleaned from hair research laboratories, hair institutes, and university research commissions on the problems of falling and receding hair, from all parts of the world. At the time of writing, the following of these simple steps is the only positive action, we believe, that can be taken by you to arrest falling hair. There is no secret formula or guaranteed treatment that can give you a full head of hair if you are completely bald, in the conventional "pattern" baldness common to men. We might add here that hair transplanting (like heart transplanting) is in its infancy and as yet, is not wholly satisfactory. However, great progress in this field is anticipated in the next decade or so. Usually the hair used to transplant, is taken from behind the ears or the nape of the neck, places where hair is nearly always abundant. Whereas the treatment is not painful to any extent and can be done at the rate of 25 to 100 new transplants at one time, it is extremely expensive. But sometimes money is no object to a man who needs to treat baldness.

Let's not waste time talking. Here are the things you can do! Set down in as simple a way as we know how:

STEP ONE:
Hygiene:

Wash your hair every other day if you live in a city. Twice a week if you live in the country. A tremendous amount of premature baldness is caused through minute particles of dirt which block up hair follicles and cause an early demise. In fact the head is usually the dirtiest part of the body. If you want thick hair all your life it should be the cleanest. Use a good shampoo (mild) and rinse thoroughly after each washing. If you have a rash or blemishes on the scalp, see a dermatologist, because washing can often worsen this condition.

STEP TWO:

Hair is basically for protection against all elements. Often to maintain it, one must 'go back to nature' as it were. True, this is somewhat impractical nowadays, so we must do the next best thing . . .

Never wear a tight hat, where the rim clamps around the forehead in a fashion that blocks off air supply. This induces sweat which, if left, can corrode the hair.

STEP THREE:

The sun is responsible for all energy and growth. The rays of the sun strengthen hair and are conducive to hair growing. Subject your hair to the sun whenever possible. In winter, a sunlamp can prove invaluable to the hair as a conditioner. Remember always to wear the recommended goggles as the eyes can be seriously damaged if exposed for a few seconds to the glare of the sunlamp. Drying the hair with a towel in the sun is certainly beneficial. Aim to get the sun to reach the roots of your hair if possible.

STEP FOUR:

Air bathe whenever possible. Subject your scalp to wind at any opportunity. The best 'sport' to follow if you are interested in thick hair is 'sailing' (without a cap). A substitute for this can be driving with the roof of your car free, so that the wind 'plays' with your hair. Bicycle rides can be equally exhilarating to the hair.

STEP FIVE:

By the same principle of hair being basically for protection, scientists recommend that change of temperature can induce healthy hair to stay on the head. Periodically, bathe the head in first hot, then cold water. This can be done after the hair has been washed. Water can be made colder by the addition of ice.

STEP SIX:

Refrain from ever putting any lotion on the hair. No gunks at all. Hair spray is worst, because the laquer crystalizes, settles and like salt and sweat, can eat into the hair. Also the pores are clogged which can ruin the hair. Hair spray can settle into the hair shaft and ultimately contribute towards an early demise of the follicle. If you must use a spray, then wash your hair thoroughly at the earliest opportunity afterwards. Limit yourself to using a spray on rare 'necessary' occasions only.

STEP SEVEN:

The only exception to the above is if you have dandruff. This is caused by hair that is either too dry or too oily. Washing will take care of excess oiliness and for those who have really dry hair a small amount of baby oil will help. But only the smallest amount. A certain amount of dandruff is natural for many people. It is not necessarily an indication of poor hair or scalp condition. But excessive dandruff is a different matter . . . Also if the flakes are large.

STEP EIGHT:

Brush the hair daily. But a natural bristle brush (not a nylon one that can lacerate weak hair) and if your hair is in poor condition, limit your brushing to a minute or so at first, taking care not to apply too much pressure. Gradually, as time goes on, increase the severity of the brushing action. Brush in all directions, forward, backwards, sideways, etc., and work up until you brush your hair for up to four minutes daily, in a vigorous fashion. Brushing works the all-important follicle muscles holding the hair. You may notice that the day after a 'brushing session' the hair roots ache and are tender. Like the other muscles of the body, the hair roots will show when they have been stimulated more than usually by soreness the following day. This is a good sign. It shows that the roots have been stimulated.

STEP NINE:

Keep phsyically fit. A sick horse loses its lustrous coat, a diseased dog gets frowzled and has poor conditioned hair. Few things contribute to baldness more than bodily ill-health. Obviously taboo habits include heavy drinking and smoking, especially when coupled with sedentary physical habits. Physical exercise is good, especially when the heart and lungs are taxed to the extent of inducing heavier breathing (regular jogging or skipping can bring good results). Make a point of showering after heavy physical activity to wash away the heavy layer of congealed sweat on the surface of the scalp. If you are fat, then take steps to normalize your bodyweight. Obesity contributes towards your likelihood of premature baldness. The Hercules II program is an ideal way of keeping fit and healthy.

STEP TEN:

Lack of sleep and rest can deplete the body to the extent of causing hair loss. Make sure that you are getting enough sleep each night. Don't go to bed late if you know you have to rise early in the morning. Try and think one step ahead and plan your sleep so that you always get sufficient. Tiredness through lack of sleep can so deplete your normal health that baldness can come almost overnight.

STEP ELEVEN:

Eat wholesome foods. Don't constantly fill up on synthetic or 'rubbish' foods. Ensure that you are getting sufficient vitamins and minerals by eating plenty of natural fruits and vegetables. A good vitamin/mineral supplement can ensure adequate supply.

STEP TWELVE:

A direct correlation has been established between the tightness of the scalp and baldness. Make a habit of periodically applying the fingers to the scalp. Place the fingertips of both hands on two different parts of the scalp. Now, without lifting them in any way, ease both hands toward one another, ruffling, and loosening the skin. Repeat ten to twenty times before changing hand positions. An alternative method of self massage can be instituted with a self-massager, which has a vibrating rubber head. The action induces a free flow of blood to the roots of the hair follicles and is one more positive step towards aiding their longevity, as best as possible.

STEP THIRTEEN:

Have a check-up with your dentist. Bad teeth can adversely affect the hair by indirectly poisoning the scalp.

STEP FOURTEEN:

Stress can be one of the most devastating 'killers' of hair. Try not to worry unduly. Remember, worry itself solves nothing. If you find that your job is giving you a draining feeling inside, then try and seek another approach – apart from saving yourself from getting an ulcer, your hair will be less likely to fall out! Worry in some people can cause almost overnight hair loss.

STEP FIFTEEN:

Hair is made of protein. Ensure that you are getting adequate supplies. Good protein foods include: Fish, Poultry, Nuts, Cheese, Milk, Meat, Soya Beans and Eggs. For those who prefer it, there are numerous protein supplements on the market, sold in powder or tablet form. These are obtainable at drug stores and chemists.

Protein is not fattening . . . Get plenty of it!

STEP SIXTEEN:

Make a point of really breathing in fresh air when you are out of doors. Few people fill their lungs with air from one week to another. Adopt, as a matter of habit, the procedure of taking a few really deep breaths. Hair needs oxygen, and often supplies dwindle by the time this ingredient reaches the scalp, via the blood.

STEP SEVENTEEN:

A specific treatment used by many stage, screen and T.V. personalities – This self-treatment to be carried out once or twice a month only:

> Heat some castor oil to a temperature that is comfortable yet stimulating to the skin of your scalp. Run into the hair thoroughly, then apply hot damp towels around the entire head to steam the oil into the scalp and hair. Continue this 'hot towel' treatment for ten minutes and allow the oil to remain in the hair for at least twenty minutes. Then remove with a vigorous shampoo. Remember to rinse thoroughly to remove all dirt, grease and dandruff which has been loosened by the hot oil treatment.

STEP EIGHTEEN:

To have healthy luxurian hair one should make a point of getting every dead hair out of your head every day. When one allows dead hair to remain in the head one starts scalp problems. New hair finds it difficult to come in when it is blocked by dead hair. Many people who are balding refrain from removing dead hair, thinking that they are aiding the balding process. Nothing could be further from the truth. Don't be afraid to brush and massage vigorously after you have once got your scalp used to vigorous brushing. This loosens dead hairs, and in their place grow strong new hairs. By getting rid of dead hair you help to ensure a stronger growth. One of the greatest fears of a balding person is that he or she is afraid to brush the head for fear of losing more hair. Naturally at first you will take it easy – but within a week you should be brushing your hair vigorously every night.

STEP NINETEEN:

Not a direct hair care procedure, but certainly an important aspect of head/hair appearance, is the way your hair is cut and styled. Make a few enquiries in your area and perhaps even pay a little more to have your hair cut by a good barber. This is the practice of many in the acting profession, whose very livelihood depends on their overall appearance. Clever styling can make all the difference. For those who have suffered tremendous hair loss, that a barber can hardly help them, we suggest that the individual consider growing a beard, moustache or long sideburns. These will tend to detract from the receding hairline. In the same vein, light eyebrows can be darkened to detract from the hairline.

STEP TWENTY:

Combs should have blunt, smooth teeth – never use a sharp comb that can harm the scalp or hair.

STEP TWENTY-ONE:

Hair pulling. Make a habit of gently tugging tufts of hair all over the head. As your hair strengthens, this exercise can be increased in severity as you get used to the movement.

STEP TWENTY-TWO:

Rules for the shampoo: Two to three latherings of mild shampoo should be followed by two thorough rinsings in warm water, then cold water rinse to stimulate circulation. Dry the hair by hand with warm towels if possible.

STEP TWENTY-THREE:

Keep your combs and brushes absolutely immaculately clean. Of all things, if one hair care hint had to be singled out as the most important, it would be cleanliness of the hair and scalp. Keep clean, by regular washing and rinsing. And likewise, keep anything that touches the hair spotlessly clean.

A FINAL WORD:

It is very easy to gloss over these hair care steps and to think to yourself that if you followed the advice you would not do your hair one bit of good.

Human nature being what it is, many people feel that if they spend money for a tonic, they are helping the growth of their hair, but if they follow advice like 'self-massage' and 'scalp-hygiene', etc., they will not get anywhere.

Don't fool yourself. If there was a lotion that grew hair on bald heads, we would hardly have any bald people. Follow this advice. . . it's invaluable. Keep this advice with you for reference at all times. The simple contents can keep you 'young' and good looking. Keep your hair . . . go to it . . . Practice the advice faithfully. Soon it can become habit and like cleaning your teeth, washing your face, or shaving, you will be practicing hair care. You will be happier, more content knowing that you are doing everything positive towards maintaining a healthy head of thick hair.

Protein:

If you want to gain muscular bodyweight, lose your flabby waistline, add inches to your arms, be muscular and admired – then you must increase your protein intake. Ask any biologist, scientist or doctor. He'll tell you "Your body is mostly protein, your skin, nails, muscles . . . even your hair is composed of protein. Almost entirely. Remove the water content of your body and you would be left with a heap of almost 100% pure protein."

It stands to reason, therefore, that since we are what we eat, we should ingest more protein if we want to get stronger and more muscular. Foods like milk, eggs, meat, fish and cheese all contain good quantities of this bodybuilding substance, but it is the EXTRA protein you take which will build EXTRA muscle size (in conjunction with your training). Eat pure protein – taken as a supplement. This is the secret of the professional bodybuilder whether he trains with weights, tensolators, chest expanders, multi-sport or the HERCULES II program or pulley machines. Here is an incredible fact: FEW OF THE CHAMPIONS EVEN BOTHER TO WORK OUT UNLESS THEY ARE TAKING EXTRA PROTEIN TO BUILD LARGE MUSCLES AND STRENGTH. THEY CONSIDER IT A WASTE OF TIME!

Numerous experiments have been conducted by large organizations with regard to the musclebuilding potential of protein supplements. The huge Weider Bodybuilding Empire has been advocating the consumption of protein for years. Their chief, Joe Weider, would consider it a musclebuilding farce if his top students trained without also taking a large quantity of protein supplements. His record of having trained thousands of Mr. America, Mr. World, Mr. Universe competitors, speaks for itself. Likewise, Bob Hoffman, who is an Olympic weight lifting coach also endorses protein supplements as being the core of success in improving strength performance. The Hercules II program is a fantastic plan. But we have to admit that it will not work well for you if you don't feed your muscles sufficiently. We recommend that you proteinize your whole system. Protein can help you attain your goal. We want you to be a Muscle Building Phenomenon.

We want you to WOW! the chics in your neighbourhood with strong, virile, He-man muscles.

We want you to attain any musclebuilding goal you may set yourself. Mr. America – Mr. Universe – who knows – But you must take our advice. Take extra protein; foods that contain protein are good of course, but we suggest that you visit your local health food store. Ask the store keeper to recommend one of the numerous brands available. If you have any difficulty in getting a top grade supplement then you may send for PRO-BLEND®, a product which is put out by the HERCULES II company. See the leaflet and order form enclosed. This is a delicious product that really works.

Remember, it's no use expecting top performance from a car run on poor grade gas. You do deserve the best fuel, don't you? . . . the best PROTEIN!

Meanwhile train like a man with a goal in mind! Remember, next week we give you a whole new system: THE PUMPING PRINCIPLE! This should shock your body into a whole new growth rate of fantastic muscle development!

Until then, get some protein so that your body will be able to build up when we give you PUMPING Lesson No. 7. Your muscles will be screaming for fuel. Give it to them and watch them burst out all over. See you next week. We will also have some advice on how to pose your arms to impress others. This includes "tricks" in how to make them look bigger than they are . . .

HERCULES II AND BETTER UNDERSTANDING OF SEX

Sex always seems to be in style. One can hardly pick up a newspaper or magazine which does not include either advice or some reference to sexual relationship between man and woman. Of course, the whole subject has been gloriously over-publicized and in many cases, 'Old Wives' Tales' have arisen out of the mire of misinformation given out by the various publications.

Yes, Sex is here to stay. Personal problems will always exist. Here are a few of the most common questions we have received at our Main office. The answers are supplied by our resident advisor on Social Behavioral Problems.

Q. My lover seems to be frigid. I just can't bring her to climax.

A. Marriage helps. Also kindness and thoughtfulness over a long period. Help her to understand by discussing the subject, that sex is not bad or wrong. Get guidance from a psychiatrist if necessary. Be happy, or at least try not to let moodiness or dejection take over or rule your home life. Tell your spouse that you love her and mean it. Don't be selfish in bed. Endeavour to arouse her fully before intercourse with extensive foreplay. Show her by your actions that you are loyal and that you can be trusted not to jilt her.

Don't be in a rush to satisfy yourself. Delay your climax if possible. Do not constantly find fault with your woman. Resulting neuroses or complexes can contribute toward frigidity. Finally, a man who openly engages in flirtations, whether it be in a spirit of fun or as an expression of his base desires, is acting against his own best interests. He is unknowingly laying the foundation for the development of frigidity in his wife.

Vibrators as a sex aid:

It is important for a woman who has not experienced orgasm to have the actual sensation of reaching a climax. One effective way of doing this is through the use of a battery vibrator, which can be bought for general massage purposes at many stores. (Drug stores and variety stores.)

The husband should gently massage his wife with the vibrator, all over her body. Get her used to its soft purr and sensuous throbbing. The man should continue this until his wife is relaxed and comfortably lying back on a bed or couch. When the woman is totally relaxed, the man should place the vibrator over the vaginal region and hold it in position for a period of time. The lady should assist the husband in placing the vibrator where she experiences the most pleasurable sensations. If your woman is completely relaxed and uninhibited (do it in the dark!) a few minutes of this vibrator action will bring about an explosive orgasm. The artificially induced orgasm is important in that the initial orgasm stimulates an "I've had one" interest in the woman, who then goes on to feel more confident and relaxed during actual physical intercourse. Consequently because your woman has experienced pleasure through orgasm with the use of a vibrator, further orgasm through intercourse becomes a more feasible possibility. The barrier has been broken down.

Q. How can I combat Impotence?

A. Many men have the problem of impotence. They just cannot get a 'hard on'. The usual cause of this unhappy situation is either fear (ridicule of masculinity in its many forms) or excessive body abuse. (Alcohol, cigarettes, etc.)

No man can enjoy the full potential and mutual satisfactions of sex unless he is relatively free of the fears which burden so many of us. Likewise with the excessive dissipations of tobacco and alcohol, etc. Now don't get to thinking you are becoming sexually impotent if you fail to get a 'hard on' once in a while. This is perfectly natural. You may fail occasionally for several reasons. It could be that you have had an excessively tiring day. Or the girl you are with may have done something that has completely turned you off sex with her at the moment – Or she just may not be physically attractive. You may have had too much to drink or perhaps you have temporarily suffered a bout of 'nerves'. It could be that your mind is preoccupied with business or school worries. Whatever causes the occasional inability to get a 'hard on', forget it. You are certainly not impotent.

However, impotence does exist with some, and it can be a very worrying problem to the sufferer. And of course the more a man worries about his problem, the worse it gets. How does it all begin?

The classic case, of course, is the young man who, being shy about sex, is advised by his friends to seek his first sexual experiences with a prostitute; usually in a run-down neighbourhood. The room is filthy, the woman, a slag. Her dirty appearance, coarse manner and repulsiveness cause the naive young man to freeze up. The whore then derides him for his inability to take her, and with her laughter ringing in his ears, he runs from the building. From that day on, every sex experience is a threat to his system, manhood and virility. He can become anxious at every sex encounter, and in turn his woman can become impatient instead of sympathetic. "What's the matter with you?" she queries. After a few similar experiences his sex life is little more than a horror story. Even a delicious, sexy, and understanding woman fails to arouse his manhood. Fear has set in. He is impotent.

Physical dissipation can also cause sexual impotence. Too much alcohol, cigarettes, lack of exercise and general bad living can cause impotence, as well as a very low fitness and health level. However this type of impotence is usually found in the older man. The previously explained "fear motivated" impotence can effect all age groups, especially the young. Too, it is the most common. It can also be caused by the man who ejaculates too quickly and is ultimately derided by his wife for lack of control. Her nagging over the problem can cause eventual impotence.

Q. What can you do to cure impotence?

A. We can start to answer that question best by telling you what not to do.

Don't try too hard.

There is nothing you can consciously do to bring about an erection. No secret diet, exercises or mental gimmicks. You cannot bring on the 'stalk' by thinking about it, or praying to the Goddess of Erection. There are no electric vibrators or other gadgets that will guarantee a 'hard on'. The only way to regain normalcy and rid yourself of impotence is to learn to relax and let nature take its course. Your whole attitude about sex must be restructured. You have to forget your fears and anxieties, which may have been ingrained from childhood (overstrict upbringing, rigid religious training, etc.). This can best be worked out with a completely understanding female partner who is willing to forsake her own 'sexual satisfaction' to help bring you back on the road to normalcy. I should add now that if you have always been impotent this 'do-it-yourself' advice may not be sufficient. In such cases you should consult professional guidance from trained, reputable counselors. Otherwise, you have to have an understanding female partner. You can't do it by yourself. Certainly masturbation won't solve your problems.

The dual object of your purpose is to learn to offset all your fears about sex and your performance. That word 'performance' is very relevant. This is one reason why you may be impotent in the first place. In a sense, women are lucky as far as sex is concerned. They may fail to get any satisfaction, or even fail to satisfy their man adequately. But they can never be regarded as "failing" when it comes to sex. On the other hand, the male is regarded in a different light completely. He is expected to 'perform' – Most males regard sex as some kind of test of their performance and ability to "satisfy" their woman. They feel that they are being judged by their partners. Pass or fail – most men are worried if not anxious about being sexual failures. The true meaning of sex, of course, is enjoyment. Learn to enjoy. Take the threat out of your sex life. Don't think in terms of failing.

Your lady partner must have a sensitive and sympathetic nature. All the better if she is in love with you. Her role is crucial. She must be thrilled to touch, kiss and caress you. She must convince you that it matters not one bit whether you have a 'hard on' or not. All that must matter to her is that she is with you – touching, talking, caressing and giving pleasure. When you are sufficiently relaxed with your woman, you may eventually get an erection. Don't try and take things further. Be content to have a bit of a 'hard on'. To try and have intercourse may well invite the return of your impotence. Be with this woman regularly. If she enjoys sucking, nibbling or licking your penis, so much the better. Relax and enjoy . . . but do not try to attain an orgasm. This would be like trying to 'beat the clock' again. In fact, you may need numerous sessions just to attain an erection. This will come when your subconscious mind says you don't have to have one. And when you lose your 'hard on' and go limp: So what? – Don't worry about it. In fact, it may be a good idea to deliberately try and lose the stork and let your lady tease it to full strength again . . . and again . . . After several sessions of arousement, you will gradually progress to inserting. No vigorous sexual intercourse. Simply insert your newly found erection into her vagina. To ease matters, she should be very wet and it is better if you let her put it in. Nor should she thrust with her hips at this time. Any specific pelvic action might well frighten off your erection. If you lose it – OK – Don't worry – Start over again – at your convenience. Gradually, you may even be able to slowly move your penis in and out to sustain erection and eventually orgasm. Your woman may gently rotate or roll her hips very timidly if your conscience will not be frightened off, scared off by this 'advance' on her behalf. The important thing is, NEVER WORK FOR AN ORGASM! Relax – she must not react strongly with her hips because this may have the effect of bringing back your old feeling of being threatened. The insecurity and fear of having to climax, of having to get a 'hard on', of having to perform well . . . etc. . . .

You will find that if you are prepared to progress slowly, in the way I have described, then soon both you and your partner will be able to enjoy mutual, and totally unabandoned lovemaking, free from anxieties,, fears of failure and sexual inadequacy. It will be a lovemaking that has no misguided goals or immature challenges – You will just be mingling together in the delight of enjoying mutual sexual re-

lations. We highly recommend that if you are planning to beat impotency, you study the book HUMAN SEXUAL INADEQUACY by Masters and Johnson, from which we have drawn several recommendations in this chapter. Their sensible approach born out of a wealth of specific experience in these matters can benefit you enormously.

Q. I am concerned whether or not my penis is big enough to satisfy a woman. I measure just five inches when I have an erection.

A. You are one of those guys who is worried about the size of his penis? Here are a few facts. The average length of the adult male reproductive organ is 5¼ inches. No more, no less! We hear a lot of talk about eight,, nine, even ten inch organs and though such dimensions undoubtedly exist among the male populace of the earth, they are certainly in the minority. We are talking now of the measurements in the erect state, not flaccid (a flaccid penis can measure anything from half an inch to a full five inches or more). But, and this is important, it matters not in the least whether your erect penis is two inches or ten, it is extremely unlikely that a mature man could have a penis too small to give perfect satisfaction to his bed partner. The most sensitive area of a woman's vagina is the clitoris, and this is situated right at the front upper end of her genital region.

Even the smallest of male organs will reach and stimulate this area without any problem. Few women are concerned with penis length, because they are aware that it is not the size of the organ that is important – but what you do with it! Of course there are a few misguided women who believe erroneously 'the bigger the better', but this belief has no real foundation. It's all in the mind, so to speak.

There are numerous methods of increasing the size of the male sex tool, but none to date can make significant difference to its ultimate length. Generally speaking, you inherit your penis size and there is little you can do to change your lot. The wisest thing to do is choose a father and grandfather who were both well endowed . . .

In spite of the fact that a man may understand that the size of his penis is unimportant and irrelevant to his wife or mistress, there are untold thousands of men who yearn for a larger sexual weapon. Some men, whose penis size is average or even above average have deep complexes about their personal misgivings, and feel that they are small and consequently cannot give a woman complete satisfaction. In most cases, no amount of reasoning to the contrary can convince them otherwise. The problem is not physical, but essentially in the mind. To repeat, few women care one bit about how long your penis is. It's what you do with what you have that counts.

Q. Is there any way a man or woman could get venereal diseases like gonorrhea or syphilis apart from full sexual contact?

A. Almost without exception, gonorrhea and syphilis are acquired through sexual relations only, including contact between homosexuals.

Q. What are the main differences between gonorrhea and syphilis and how do they effect life and health?

A. Both are common diseases, affecting millions of people yearly. Gonorrhea is the most common and is spreading like wildfire among young people. The symptoms are usually a discharge in the male and sometimes in the female. On the other hand, syphilis seldom causes a discharge and is usually characterized by a chancre or ring-like sore to appear on the genitals. This marking usually disappears in time as the disease goes "underground" entering the bloodstream and comes back again later with serious complications. Paralysis, brain damage, blindness and ultimate death can result.

Q. Is intercourse during a woman's menstrual period harmful in any way? Could pregnancy at this time result?

A. Sexual relations during this time is not harmful to either partner. Pregnancy too, is most unlikely, although not entirely unknown to result from sex at this time of the month.

Q. I just cannot make my current girl friend reach a climax. No matter how much time I give to our love-making, she never seems to rise beyond a certain plateau of enjoyment. What do you suggest?

A. This is a common complaint. The woman may be unable to fully give herself to sexual abandon for many reasons. Some have had over-strict upbringing in which parents have traumatically indented the 'dirtiness' of sex. Other fears result from over-religious backgrounds. There are also more simple reasons like basic fear of pregnancy, or of being physically hurt. Your job can be a long one. You have to build up confidence in your woman. Be kind, understanding and above all, patient. It is true that a considerate husband who follows our recommendations and learns the secrets of 'turning on' a wife will not have a frigid wife for long, unless of course she has serious psychological problems which require the help of a therapist.

Firstly, I should say that your partner may just not be interested in sex with you. In fact, this is the most common complaint received by marriage counsellors. In most cases, it is the wife who does not enjoy sex. She merely goes along with it as a duty to her husband's desires.

Here's Your Four-Way Plan:

1. The husband should talk about sex with his wife. He should encourage her to read authoritative books on the subject of sexual intercourse. The books should be frank, open and written in a professional manner. This step is very important in establishing communication, without which a good sexual adjustment is impossible. Your wife should be exposed to such words as penis, vagina, vulva, clitoris, masturbation, orgasm, in a professional context. After she has become accustomed to using such words, she will not think twice about using them to express her desires to her husband. This 'openness' will serve to remove the embarrassment she has always connected with those things.

2. The electric vibrator is useful in aiding a woman's initial climax. A so-called frigid woman is one who has not experienced an orgasm. Once a woman has 'come' she will want it regularly. The vibrator can help initiate things although many women will object to its use on the grounds that it is unnatural. However, make no mistake about it, once an orgasm is brought about through the use of a vibrator, more conventional penis/vagina intercourse stands a greater success of bringing about a satisfying climax. Vibrators (shaped like cigars) are available at most drug stores.

3. Have frequent intercourse. You can even supercede the recommended dosage given by most marriage counsellors of three or four times a week. In fact, a daily diet of intercourse might be the best thing at this time (skipping a day only now and then). Don't worry, you will not wear out and 'practice makes perfect'. The more you do it, the more oriented she will become to the idea of mutual sexual pleasure.

4. Above all, introduce variety into your sex. The love bed should never become boring or routine. Ask your wife what is best – what does she like most; Where is she most sensitive to your caress?

   Experimentation in lovemaking can enhance your relationship. You may be amazed at the number of ways in which you can give or receive sexual pleasure. Be generous with your patience, your understanding and your body.

Q. How long should intercourse take? How long should I take over foreplay before I attempt full union?

A. Sexual intercourse can take anything from a few seconds to several hours to complete. Normal sexual relations usually last from fifteen to forty minutes. How long you take depends on your need, desire, attitude and fitness. Generally speaking, an overshort sex act results in mutual dissatisfaction moreso for the wife than the husband. Men can more easily climax in a minute or two than can women.

Foreplay should be continued until your woman is well aroused and moist. Her reaction is the best indication of your foreplay. Spend anything from fifteen minutes upwards at this initial titillating. Do not make the mistake of many men and enter your woman too early. This takes a lot of pleasure from her. Inadequate foreplay all too often results in unsatisfactory intercourse.

Q. I intend deflowering a virgin. Anything I should know?

A. Not really – Except of course your whole attention should be geared towards being as gentle and understanding as possible. Deflowering a virgin must not be looked upon as a means to your sexual enjoyment. That can come later with successive sessions. Rather, you should concentrate on the easiest and most gentle penetration possible.

Sexologists agree that married men are more understanding in deflowering virgins, especially the older virgin. Single men often become over-excited at the thought of 'breaking in' a virgin in that they are excessively rough. This can cause immense physical and mental anguish. So gentlemen, take her easy. Also, many women should not be taken at a first attempt. Penetration should ideally take several days –Because to effect full penetration can in some cases cause deep traumatic blocks to the female psyche.

Q. Can sex organs be worn out through frequent use?

A. No way! But you can get mighty sore – and at this time you should lay off all sexual intercourse until the soreness has completely gone. There is no such thing as too much sex. If by chance you were over-doing things, the body would react by temporarily removing your sex drive.

Q. I like the idea of genital kissing prior to sexual intercourse but I have a phobia about cleanliness and hate the thought of the possible presence of smegma discharge or other unhygienic conditions.

A. I know what you mean. But hygiene works both ways. The best idea is to have a mutual understanding that you both shower thoroughly before sex. Or at least wash the genital areas. I'll say this: There is nothing more becoming to man than a woman who keeps her genital area completely fresh and clean. And of course women find cleanliness in men a very attractive attribute. The best way is to have the whole subject out in the open. Show your woman that you wouldn't expect her to indulge in any type of oral sex unless you had just washed that entire area. In return, she will acknowledge that you expect her to be just as conscientious about her genital hygiene.

Q. Could you tell me what the current thinking is on circumcision?

A. Up until recently, circumcision was considered to be desirable as a health aid in all males. Jews, Arabs and other tribes circumcise all male infants. The origins of this practice were related to sound health practices at this time and only later became incorporated into religious rituals.

The reason for circumcision is to prevent phimosis or tightening of the foreskin. It also allows the glans or head of the penis to be easily cleansed of smegma, a cheesy substance which accumulates under the foreskin.

Numerous studies have shown that wives of uncircumcised males are far more likely to get cancer of the cervix than wives of circumcised males. Also, another point in favor of circumcision is that diseases such as syphilis will be more easily detectable in the absence of a foreskin.

However, provided there is an elementary knowledge of hygiene and an adequate supply of soap and water, there seems to be no real need for circumcision.

Q. Will there soon be a birth control pill for men?

A. Recently a male contraceptive pill was developed, but it had a side effect of causing nausea and vomiting when alcohol was ingested. This isn't exactly an ideal situation for those who depend upon alcohol for seduction.

As yet there is no completely satisfactory male birth control pill. However, because of the acute need for such a product, undoubtedly an entirely acceptable pill will be developed and marketed. Until such time, we suggest that you rely on current methods of accepted contraception.

Q. What is meant by the words "fellatio" and "cunnilingus"?

A. Both mean the application of the mouth to the genital area of the body. Fellatio, being the application of the tongue and mouth to the clitoris and vulva. Both are by law Felony crimes which are punishable by long prison terms. However, I do not believe actual sentences have been given for these offences for some time.

Q. I have recently discovered that the whole underside of my penis has become covered in small whiteish spots. They are hard to the touch and do not contain any poisonous matter as do "whiteheads". I am frightened that I may have a venereal disease, yet I have never had sex with a girl. I am 19 years of age and pride myself on my general fitness. Please help me.

There is no need for you to worry. All hair follicles (roots) have a slight bump to them. However, in many cases sweat can cause the root of the hair to become enlarged, especially with an active guy at puberty. If you are a sporty type then be sure to shower after vigorous activity and don't be tempted to squeeze or nip the spots. You will only cause them to become inflamed. They are quite natural and something that many men have had to learn to live with.

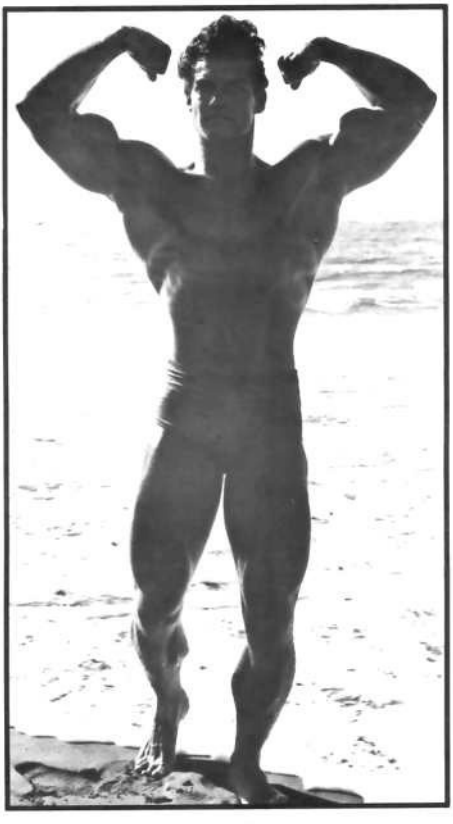
Well that's it on sex – We hope these Questions and Answers have helped you.

TEETH CARE:

There are few things in this world more attractive than cleanliness. We said it about 'sex', and the same is true with the mouth.
Never underestimate the importance of oral hygiene. Whereas it is true that the mouth has its own 'built in' cleaning system, nature needs a helping hand to make sure that your teeth keep spotless, strong and free from cavities. If you want your teeth as perfect as possible, then:

1. Clean them after every meal.
2. Brush your gums regularly.
3. Do not eat synthetic foods.
4. Do not eat candies, cookies, white flour products, gooey pies with white sugar, etc.
5. Eat an apple a day. Raw fruit and vegetables are the best foods for your teeth!
6. See your Dentist every eight months.
7. Use a fluoride toothpaste.
8. Use all teeth when chewing food. Don't favor one side of the mouth. Chewing is vital to healthy teeth.

Incidentally, Steve Reeves, who does not have a single cavity in his mouth, always uses baking soda to clean his teeth. Maybe he has something?



MR. EVERYTHING, STEVE REEVES, THE FINEST EXAMPLE OF PHYSICAL PERFECTION IN THE WORLD TODAY.

MR. BRITAIN, FRANK RICHARDS, HAS THE KIND OF PHYSIQUE THAT APPEALS TO THE LAYMAN. IN THIS PICTURE HE IS COMPLETELY RELAXED.

HERCULES II

[Apollo - Power - One]

lesson 7

lesson 8

LESSON SEVEN

We promised – So here it is!

The Super Hercules Pumping principle – This week you get a brand new routine. But even more important, you get a brand new way to perform it! First your exercises; then we will explain the principle of how to 'pump' your muscles to new growth.

EXERCISE ONE:

Hercules Dip between Chairs
4 x 10
(chest, shoulders, arms)

Illustration (a)

1. Adopt a position as shown in the illustration (a), arms and legs straight.
2. Bend arms until body is deep between chairs as shown in illustration (b).
3. When your body is as low as it will go, return quickly to the original position.

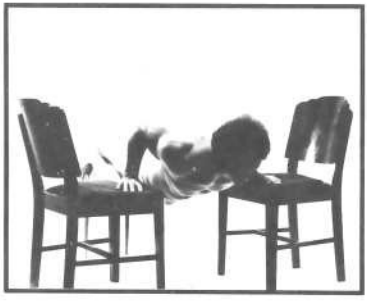
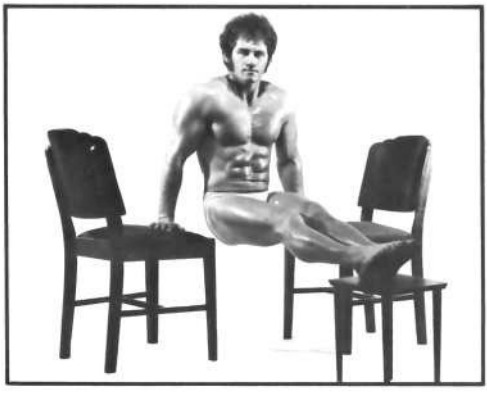


Illustration (b)

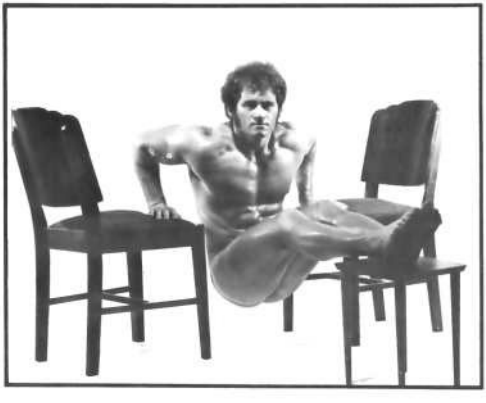
EXERCISE TWO:
Reverse Chair Dips
4 x 12
(chest, arms, shoulders)

Illustration (c)



1. Assume starting position as in illustration (c).
2. Commence the exercise by lowering into position (d), keeping your back and legs straight at all times.
3. Return quickly to original position and repeat until the desired number of reps have been completed.

Illustration (d)



EXERCISE THREE:

Calf Raise
3 x 20
(lower legs)

1. Stand as illustrated in (e) placing the ball of your foot on a thick book, or piece of wood.
2. Hold onto a table or chair-back for balance.
3. Raise as high as you can by lifting your heel only.
4. Lower until heel touches floor giving maximum stretch to the calf muscle. Raise and repeat.

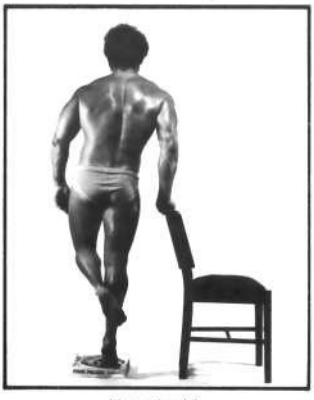


Illustration (e)

EXERCISE FOUR:

Bouncing Squat
3 x 60
(Thighs and Hip Girdle)

1. Adopt the squat position shown in illustration (f). (Hands to be stretched out in front.)
2. Raise the body up and down approximately 9 inches. Do not come out of the squatting position completely. Just raise and lower about nine inches – Up, down . . . up . . . down. Continue until thighs are thoroughly tired – 3 x 60.

Illustration (f)

Illustration (g)

EXERCISE FIVE:

Lateral Raise
3 x 10
(Shoulders, Traps and Neck)

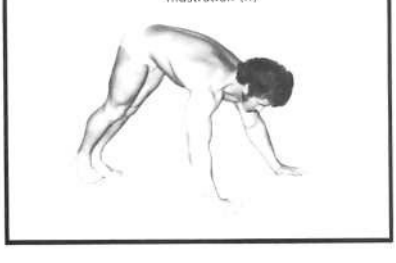
1. Using two chairs, stools or heavy books, raise and lower your arms to the side as shown in the illustration (g).
2. The arms should be very slightly bent to take pressure off the elbow joint.
3. Keep shoulders back and ensure that the chairs are lifted to the side and not forward to the front. Continue up and down until tired (3 x 10).

EXERCISE SIX:

Jacknife Floordips
3 x 15
(Shoulders, Arms, Chest)

1. Move into the dipping position shown in illustration (h).
2. Maintain this position as you lower yourself, until your nose almost touches the floor, by bending your arms only.
3. Press up and repeat.
4. Make sure arms lock out straight after each repetition. 3 x 15

Illustration (h)



EXERCISE SEVEN:

Single Leg Bicep Curl
3 x 35
(Arms)

1. Adopt a sitting position with a broomstick underneath one leg. (Illustration (i).
2. Grip the pole with both hands, palms upwards.
3. Next, while keeping the elbows tight into the sides, curl the bar, lifting your leg as high as you can while still remaining seated.
4. Continue the effort for 2 seconds, even though you cannot raise the pole any higher. Lower and repeat. 3 x 35.

Illustration (i)

EXERCISE EIGHT:

Triceps Floor Dips
3 x 10
(Arms)

Illustration (j)

1. The position for this exercise may seem a little awkward. Hands must be facing one another — fingers almost touching. (illus. J)

2. Lower body to the floor by bending arms and all but touching chest to the floor.

3. Keep head up throughout the exercise and allow elbows to touch floor each time you 'dip'. Raise and repeat 3 x 10.

This concludes the exercises for this lesson. Note: There are no midsection exercises this week! This is deliberate because we want you to bulk up as much as possible during this particular lesson.

Now we have illustrated the exercises for this week, we will give you the lowdown on exactly how you should use the fabulous "pumping" system to maximize your results.

It is a well known fact that a muscle has a greater tendency to grow to a large size if it is regularly 'pumped up'. The pumping system is simply a means of getting large quantities of blood to a particular area of the body. The blood carries musclebuilding nourishment to the 'pumped' area and helps to accelerate muscle growth.

Here's What You DO:

Do one set of exercise #1 then, without any pause, perform one set of exercise #2. Rest for a short period and then perform a further set of #1, followed quickly by another set of #2. This is repeated until the full 4 sets of each exercise are completed. Your chest and arms will pump up with extra blood. Likewise with exercise #3 and #4. You alternate between the two exercises with the minimum of rest, so that the legs pump up tremendously.

Exercises #5 and #6 for the shoulders are exercised in similar fashion as are movements #7 and #8 for the arms. In short you will pump each area in turn and benefit enormously.

Perform the required number of sets (and reps if possible!) If you can manage to perform extra reps without undue strain then by all means do so. Work hard!

BUILD YOUR BODY IN PROPORTION . . .

Musclebuilding is a fascinating business. You as a bodybuilder can be likened to a sculptor using his hammer and chisel. You are the artist. Just how well you sculp your body is entirely up to you. You have the 'tools' to work with. Now it is up to you to build a proportionate body which has a pleasing symmetrical 'line' to it. Don't make the mistake of overbuilding one body part at the expense of another. If you train incorrectly, this may well happen. For example, you may take a particular liking to a certain exercise. Let's suggest that you really enjoy doing the Pushup exercise between chairs. You like doing it so much that you perform it for more 'sets' than we recommend. In fact, you do about twice as much work on this movement as you do on any other. So what happens? You start becoming disproportionately built. In this instance your chest starts to balloon out until your 'pectoral' (chest) muscles appear disproportionate. To

make matters worse, not only may you perform **extra** chest work because you like it, but, in addition, you may choose **not** to perform some other exercise (leg movements for example), because you **don't** like them! This, of course, acts doubly towards giving you a poorly proportioned body.

THE WAY TO ENSURE THAT YOU BUILD YOUR BODY SYMMETRICALLY IS TO DO EQUAL AMOUNTS OF EXERCISE FOR EACH BODY PART!

So there you have it! Don't play favorites with your muscles. Exercise each and every muscle part. Don't miss out exercises. Don't do excessive work on any one body part at the expense of neglecting others.

As a general guide to development, one should aim to obtain an identical measurement of arms, neck and calf muscles. This is the Grecian ideal. They don't have to measure exactly the same but there shouldn't be more than an inch variation. Modern day bodybuilders tend to build their arms two or three inches bigger than their necks and calves. But this usually indicates poor planning as far as a symmetrical physique is concerned. Their arms, displayed on their own may look impressive, but when the complete physique is viewed as a whole, then the disproportionate appearance will become obvious.

One of the most proportionate physiques we have seen over the years is Mr. Universe, Paul Wynter. He is five feet-nine inches tall. He weighs just 188 pounds. Arms 17¼", Neck 17", Chest 47½", Waist 31", Thighs 24", Calf 16¾". He is beautifully proportioned. There is no area of his body that has been overdeveloped. Neither is any part underdeveloped. We consider Paul Wynter to be the equal of Mr. Perfect himself, Steve Reeves .... Judge for yourself! And we are proud to say that he did it with the help of HERCULES II. Yes, he used these very principles to build his body.

PAUL WYNTER, 'MR. UNIVERSE'.

TENSION AND THE BODYBUILDER:

When working hard in order to achieve something of value, it is very easy to overdo things and become over-tired and tense. This, in turn, can lead to a state of unconscious worrying that drains away energies and defeats the aims of the sufferer. By stopping for a few minutes to consider the pitfalls that can arise from 'hard work', we can stop it before it starts.

You Can Beat Tension and Relax

Doing a job well, excelling in sport, reaching a high standard in any activity, you can't afford to be slack or half-in-a-mind.

The concentration of the whole mind is called for, and that involves a certain degree of tension and tautening of the nerves, whether it be in adding up figures or in building your body.

Being tense and highly strung is not, in itself, a bad thing. Up to a point it is not only desirable, but invaluable.

But like many another good thing it can be overdone. It can get out of hand and defeat its own ends, in which case it makes for less efficiency, instead of more.

Undue tension causes unnecessary fatigue. When we are excited and over-anxious, everything becomes a strain, even the most ordinary effort.

Most serious of all, tenseness can become a harmful habit, disturbing the equilibrium of mind and body alike. It can make a person become neurotic or a chronic worrier who gets tense even when there is really nothing to worry about.

What is the explanation? Over stimulation of the nerves, throwing the whole mechanism of mind and body out of gear.

What is the remedy?

Tranquilizers and sedatives of one kind and another are at best only temporary expedients.

To reduce tenseness and frayed nerves, you must learn to relax. That is nature's way. It is written deep in every function of the human body. The human heart would quickly run itself out but for the fact that between every heart-beat there is a let-go, an automatic break, a breathing space by which the heart's energy is replenished, preserved and maintained.

Every muscle has a two-fold action-contract and relax. On this depends the ease, flexibility and power of the muscles concerned as they go into action.

This is nature's way. How is one to apply it to the stress and strain of a working life? There are two angles of approach – one physiological, and the other psychological.

1. The physiological way. Most people are aware of the powerful influence the mind exercises on the body. Not all realize the impact of the body on the mind.

Says Joseph Kennedy in 'Relax and Live': "Just as nerves carry messages from the brain to the muscles, nerves also carry messages from the muscles to the brain."

In other words, the body can teach the mind to relax.

For instance, you are suddenly brought up against something which makes you feel nervous and almost panicky. Your breath becomes short and sharp and jerky, and your heart races like a runaway horse. What can you do?

Next time this happens to you, take yourself in hand and compel yourself to pause for a moment. Then proceed to count slowly and rhythmically 1, 2, 3, 4, 5, 6, 7, 8, 9, 10.

The heart-beat will imperceptibly slow down and become normal. Not only that, your mind will clear, your nerves will steady and your whole body feel more relaxed and normal.

DEEP BREATHING . . .

Carry this a step further. Find time each day, preferably in the morning or last thing at night, to do some deep breathing.

With hands at your side, breathe in steadily and deeply, filling not only the upper reaches of the lungs, but the diaphragm. Pause for a second and breathe out in the same steady, rhythmic fashion.

Deep breathing exercises practised regularly have immense, therapeutic value for mind and body alike. They will help you through many an anxious demanding day, whatever your job.

Combine muscular relaxation with your breathing exercises. Muscles too stretched lose their elasticity and become unduly fatigued. You must learn to let go and give them a chance to recover.

Watch a dog or a cat stretch itself, yawn and curl into a sleeping position. This is natural, instinctive relaxing.

There are many systems or techniques for relaxing. Some, like Yoga, are more complicated than others.

Try this one. Stretch out or sit comfortably back in your chair and give yourself to one thing only – letting go.

Let your feet go limp. Moving up the body, do the same with the knees and the hands, flexing them and letting them hang loose. Let your head fall forward and close your eyes. Try to think of yourself drifting or floating.

Anatomists tell us that once a muscle has started relaxing, if it is not interfered with, it goes on relaxing automatically. Relaxing therefore has more than a momentary value.

The effect is all pervasive and goes deeper than you might imagine. It loosens up the too tense muscles throughout the whole mechanism of the body. It replenishes lost energy and gives new poise and balance inspite of the distractions and worries of an exhausting day.

MIND CONTROL . . .

2. The psychological way. Mental control should be combined with what has just been said about bodily relaxation through muscular control.

It serves little purpose if, while you are trying to exercise bodily relaxation, your mind is a riot of frightened, despairing, panicky emotions. **You must acquire at least some control of your mind.**

BUT HOW? . . . By deliberately filling your mind with thoughts that are the very opposite of the frightened, the despairing, the panicky.

This may mean for you almost a complete turnabout in your attitude to things. But it is well worth while.

I don't mean that the problems you have to face, the anxieties which wear you down, the heavy burdens you have to carry and make you feel at times at the end of you tether – that all these will vanish.

But I do maintain that you will be far better able to cope with them. Your frayed nerves won't trouble you so much. And you will meet what you have to with calm composure and assurance.

Generally speaking, what accounts for the too tense nerves, the too highly strung emotions? The answer is two-fold: impatience or fear.

First, let us consider impatience.

We all know the restless, fidgety type of worker, always in a hurry, trying to do everything at once, yet achieving very little in the end, to say nothing of expending a great deal of nervous energy to little purpose. We must learn to conserve our energy. We need a new approach. Bill Hogan, the famous golfer said: "In a tournament game I concentrate on one shot only, the one I am playing. I never feel pressed, because I never allow myself to think of what comes next. This helps my play, besides enabling me to feel leisurely and relaxed."

There is wisdom in this. If you have a busy, distracting day ahead of you, when things can all too easily get out of control, don't allow yourself to be flustered. Don't fret about "How am I ever to get through this day?" Sit down quietly, and plan the day carefully. Take things one at a time, thinking of nothing but this one thing only and giving it your undivided attention. This will ease the tension and will leave you less fatigued at the end of the day, besides making a far better job of everything.

Secondly, fear. Fear is by far the most deadly enemy of peace of mind – fear of failure, fear of losing your job, more personal fears concerning your family, your health and prospects. People can sometimes become almost demented by fear. The strain can become intolerable.

This will help. **Face your fears and stand up to them.** Ask yourself: "What is this thing I'm afraid of? If I failed in my exam or missed promotion or even lost my job, would that be the end of the world?"

It is easy to exaggerate your fears, when you are agitated and disturbed, so that in a fearful mood it is hard to believe anything of the kind. Even if the worst comes to the worst, stand up to it and summon all the resolution within you to meet it with courage, faith and hope.

There are certain situations in life – like a physical handicap or a broken career – that you have to accept. If you can only school your mind and humbly accept them, and make the best of what is left, even that in itself can have a wonderfully steadying effect on you. Many who have passed through this experience can testify to its truth.

Enjoy life more – Learn to relax!

Constipation and what to do about it:

One of the commonest disorders known to man is constipation. This disorder effects health, body-building, general appearance, physical and mental efficiency and of course overall happiness. There are many facts and fallacies about constipation.

The most important fact is that, if you are a sufferer of constipation, it is wise to pay your doctor a visit. Constipation could be a symptom of something being wrong with your body. It could be serious. In other words, the information that I give you with regard to your constipation problem could be helpful, but it cannot take the place of medical advice. If you suddenly become constipated then see your doctor without delay if the condition persists for more than three days while you follow this advice.

Just what is Constipation?:

Constipation is the halting of the natural process of elimination. Wastes build up in the intestinal tract and an evacuation of these is either incomplete or temporarily halted in the constipated individual.

General medical opinion suggests that a person is constipated who does not have a regular bowel movement more frequently than once every 48 hours. The average healthy individual usually has one good movement each day. Naturally it is possible to have several movements a day and still be constipated. If only a very little waste is eliminated each time.

The Causes:

Constipation is usually caused by faulty living, poor food, or inadequate fresh air and exercise. But it can also be a symptom of more serious things like: Chronic appendicitis, gall bladder disease, hemorrhoids, etc. Exercise generally has a decidedly beneficial effect of counteracting the tendancy to become constipated. This does not mean that exercise alone will prevent constipation or ensure healthy daily elimination. It can't guarantee that because your blockage may have been caused by all sorts of things not connected with exercise, overwork, faulty nutrition, bad habits, stress, drinking too little water, failing to obey the 'calls of nature' use of laxatives, excessive drinking, smoking, coffee, lack of sleep, irregular living or even the over-use of sleeping pills.

But exercise is a great help. It helps to strengthen the all important abdominal structure and can also help to tone up the midsection. In fact the tendency to become constipated may be increased by weakness of the abdominal muscles.

Eat sensibly to help avoid Constipation:

Literally thousands of people suffer needless constipation simply because they do not eat correctly. Your intake should include an abundance of vitamins and minerals supplied by fruits, green vegetables, milk, eggs, meats, nuts and whole wheat bread. This helps to promote a healthy and vigorous intestinal action. Don't underestimate the contribution made towards heading off constipation by the eating of fruit juices and fresh vegetables. Prune juice can have a healthy affect on some people. Take at least two or three glasses at a time. Vegetable juices, (tomato, V8, etc.) are very beneficial when taken daily in sufficient quantity.

If you are inclined towards constipation, then avoid the regular intake of greasy foods which have been deep fried; avoid 'synthetic' foods, rich pastries and over-spicy dishes. Make sure that you eat sufficient and that you eat regularly. This may lead you towards regular bowel action. Likewise drink enough water. It may be a good idea to drink up to six glasses of water a day. The Colon (a section of your intestines) can 'drink' a large amount of water which may leave your wastes dry, hard and rough. Accordingly evacuation can become difficult. An extra glass or two of water may counteract a tendency towards constipation caused in this manner.

Good Posture:

If you stand and sit erect, you may help counteract a tendency towards some forms of constipation.

Avoid Excess Stress and Worry:

Try to form the habit of being cool, calm and collected. Remember that excessive excitement or worry can disturb your excretory system.

Smoking:

There are few positive claims that one can justly make for smoking. We have dealt with the adverse affects elsewhere in this course. It is mentioned here because it can also contribute to an abnormal bowel action.

Be a Positive Thinker:

Actually state of mind can influence the evacuation process. Try and be cheerful and confident. Be a positive thinker. Don't let moodyness, depression or anxiety cause the stress of irregularity.

Exercise:

The following of the Hercules II exercise program is an important aid in preventing constipation that results from flabbiness and weakness and lack of exercise. Not only will this course help reduce flabby 'pot bellies' but it also increases the strength and efficiency of the muscles used in forcing wastes from the body. However, should you require an additional exercise specifically for increasing the efficiency of the muscles responsible for elimination, we have chosen the following; in fact, we advise you ALL to make this exercise a daily habit. It will help trim your mid-section, help keep your inner workings in good condition and can do you nothing but good!

Sitting Knees Raise:

Sit on a chair in a regular manner, feet flat on the floor. Now as in illustration (k) raise the knees until they all but touch the chest. Lower and repeat up to fifteen repetitions.

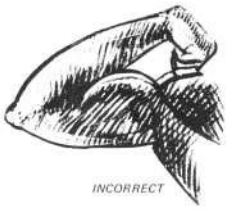
ILLUS. (k)

How to Pose Your Arms

The arms are probably the most impressive part of your body. Your girlfriend might not agree with this, but most guys find the arms have an appeal that no other body part has. But a well developed arm will look twice as good if it is posed correctly:

Here's How:

Biceps Posing:



INCORRECT

CORRECT

INCORRECT

TRICEPS POSING (Back of Arm)

INCORRECT

CORRECT

INCORRECT

Generally, when showing your arm to someone you will want it to look as muscular and impressive as possible. Obviously therefore, you need to have a good sized arm in the first place. But size isn't everything. Here at the Hercules II offices, we have seen many different arms – Up to 20 inches in girth .... and more. But we are serious when we say that "seldom are the biggest arms the most impressive" In fact, the most impressive arm we have seen measured just 15¼". But it was rock hard! No fat whatsoever – It was **ALL** sinew and muscle – Fantastic! On the other hand, some of the arms that measured 19 and 20 inches in girth were really **not** impressive. They were **not** rock hard. They had **no** definition and many were covered in a layer of superfluous fat!

So you see, you should make sure that you develop an impressive arm in the first place. One that combines an appearance of real muscle, not flab – a Herman arm that has an aura of strength and definition as well as muscle size. The Hercules II program will give you a chance to possess such an arm.

Don't forget now – Train Harder!

Vince Gironda
a truly beautiful physique.

These hints on arm posing end our Lesson 7. Although Lesson 8 follows and curiosity will probably make you read it through now instead of waiting until next week, you must stick to your weekly schedule.

Remember, each of these HERCULES II lessons have been specifically designed to last one or more weeks each! Don't be tempted to combine Lesson 7 with Lesson 8 straight away. Read Lesson 8 through by all means, understand it, but don't follow its recommendations until at least one week has passed.

LESSON EIGHT

So here we go with Lesson 8 in which your bodybuilding program will be taken a step further. Plus we give you some specialized advice on personality building, wirtten by a top expert in the field, Gino Edwards, N.D.D. This feature will include a special check list for building your sex appeal to an all time high.

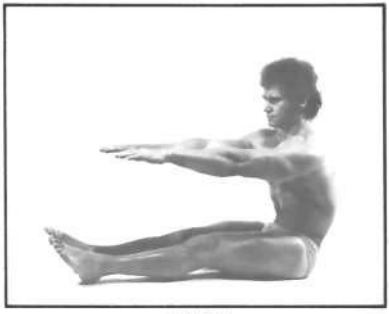
This lesson you will continue to your last weeks training program, plus these two super pumping abdominal exercises. Don't forget to alternate first one, then the other until three sets have been completed.

EXERCISE NINE:

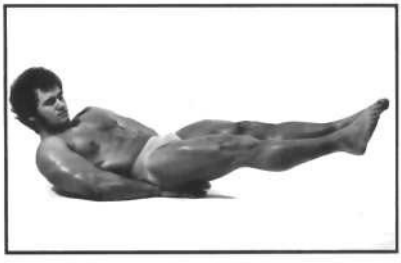
Situps 3 x 15

Upper Stomach Muscles

1. Lie on the floor (on your back). Arms outstretched upwards.
2. Commence to sit up as shown in illustration (a).
3. Lower slowly with rounded back, and repeat.



ILLUS. (a)



ILLUS. (b)

EXERCISE TEN:

Leg Raises 3 x 15

Lower Stomach Muscles

1. Lie on your back, hands under your seat (illustration (b).
2. Raise and lower legs together.
3. Do not allow feet to rest on the floor between repetitions. Raise, lower and repeat. 3 x 15.

As we have condensed lessons #7 and 8 into this one issue your **Schedule** for the next **two** weeks will be:

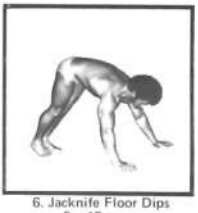
1. Hercules Dips between Chairs – 4 x 10

2. Reverse Chair Dips – 4 x 12

3. Calf Raise – 3 x 20

4. Bouncing Squat – 3 x 60

5. Lateral Raise – 3 x 10

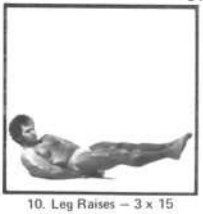


6. Jacknife Floor Dips – 3 x 15

7. Single Leg Bicep Curl – 3 x 35

8. Triceps Floor Dips – 3 x 10

9. Situps – 3 x 15



10. Leg Raises – 3 x 15

GIVE IT ALL YOU'VE GOT!

Here are a few musclebuilding tips which you may find helpful in building your body. You Get From Your Workouts Only What You Are Prepared To Put In.

Don't ever bewail the fact that you are not building muscles. You get out of bodybuilding only exactly what you put into it. Train like a man to be a man!

Don't just give yourself to your workouts physically. Give your mind too. Train intelligently. Eat sensibly. Rest well. Follow the Hercules II advice to the letter and you WILL succeed. We will go so far as to say that you cannot fail ....

'Watch' Your Muscles Grow:

While you are training visualize your muscles growing. Concentrate on the muscle action and watch them bulge under the tension. Close your eyes at times and imagine your muscles getting larger and more defined. Imagine them growing bigger ... bigger. Concentrate on what you are doing.

Tense Your Muscles:

Additional size and definition can be forced into your muscles if you make a point of tensing them while exercising. Flex your biceps while doing your arm exercises. Push out and tense your chest while doing the dipping movement. It all helps to make you the kind of man you always wanted to be!

Get A Good Tan:

An even tan can enhance your appearance tremendously. Don't overdo the sunbathing so that your skin peels. Also, make sure that you allow the sun to get to your underarm area, a part of the body which is often neglected. More information on tanning correctly will appear in a later lesson.

Get A Little More Protein Every Day:

We've talked a lot about protein. We've told you that it's essential for the building and replenishment of muscle cells. But all the knowledge in the world is not going to do you one bit of good if you don't put it into practice, so we say again, try and consume a little bit more protein every day. This, in combination with your training should result in a phenomenal physique by the time this course is completed.

Here's How To 'Break' A Sticking Point:

It happens to all of us. Rapid Progress comes to a halt. Gains slow down. Sometimes stop altogether. What to do? Your progress may be due to the fact that you are stale. You have lost enthusiasm or even overworked. Take a week off from training. Resume again after the layoff. Get extra protein, more than you had before. You will start to grow all over again.

Find It Hard To Lose Weight?:

Losing weight, like gaining weight takes self-discipline. Train faster. Maybe even go running after your workout. Eat a little less every day. Do plenty of midsection work. Eat high protein, low carbohydrate foods. Weigh yourself regularly. Do not eat just before retiring at night. Take no bread, cookies, candies, pastas, potatoes or sugars. Eat fresh fruit (not bananas), meat, fish, eggs, salads, cottage cheese, little skim milk and tomatoes.

Keep Waist Trim While Bulking Up Body, Legs and Arms:

This is sometimes tough. The art is to eat sufficient food to allow you to gain muscular body weight and yet not overeat so that fat tends to form around the tummy:

1. Eat more fish and meat, less carbohydrates.

2. Exercise your waist every day if this is a real problem. But only exercise your waist daily, not **all** your muscles.

3. Take your protein supplement with skim milk instead of whole milk.

Training For Football or Other Sports?:

We should warn you that although you may make good progress at body-building while also training at another sport, your muscles will not enlarge at the same speed that they would if you trained only at the Hercules II program.

What About Layoffs?:

A break from training can help matters immensely if you have been training all out. But to take a layoff when you don't need it will not necessarily help your progress. A layoff of a week after a month or two of regular training may help you start a new spurt of muscle growth. Layoffs can also regenerate your enthusiasm which will of course, effect your training in a beneficial manner.

Mind Over Matter – No Leaks:

You will succeed if you keep your mind on what you are doing. Determine that you are going to succeed. NOW! Don't have any 'leaks'. Don't train hard and **not** eat good food. Don't get everything right and yet drink and smoke heavily. Be positive in your approach. Don't drain away your hard work by dissipating.

Why Don't We Recommend Training Every Day?:

We do not want our students to train every day because they would not gain muscular body weight so quickly. The body needs a days rest between your workouts so that the muscles can build up during the rest day.

Hair On The Body:

Bodybuilders usually shave the hair off their bodies (with a dry razor) just before a photo session or a physique contest. The muscles show up better when excessive hair is removed. Of course, it is up to you whether you shave or not. Body hair, or the lack of it, has nothing to do with strength or masculinity.

Arms and Wrist Size:

How big can you build your arm? The answer is in part dependant upon your wrist size. If you have large wrists (over 7½") then you can expect to build a very big arm. An average wrist of 7 inches will give you an arm of around 17 inches maximum. If you are small-boned, then you can expect to build less size. But, of course, that does not mean that your arm won't look fantastic. As a general rule you can find out what sort of arm size you can build by multiplying your wrist measurement by 2.39.

HOW TO IMPROVE YOUR PERSONALITY AND SEX APPEAL. . .

(Written for Hercules II by Gino Edwards, N.D.D.)

What is Sex Appeal?:

Sex appeal, success and personality walk hand in hand. As the personality grows so we achieve more success and as we achieve success, so the personality is enhanced and developed. Personality plus success is what sex appeal is all about.

What brings success in life? If you think that just being very good at your job is the only answer, you are wrong. There are far more good workers who are merely being exploited by their bosses then there are unfit men in high positions. There are countless "good men" up and down the country who are earning lots of money for their firms, while they themselves are struggling on a poor or average pay check. The golden key to ladder climbing is to stand out. A man who is 'tongue-tied' or who is embarrassed to draw attention to himself is lost. In a nutshell: a weak personality can lose you the interest of those in a higher position whom you wish to attract. It can stop you from making friends. Whereas a Magnetic Personality can get you noticed. It can lead you on to the kind of position and pay checks that will make a more skilled, yet weak man, envious.

So let's break it down. By Magnetic Personality, success and sex appeal, we mean, vivacity, cheerfulness, the possession of a good presence in company, a sense of humor, wit, aggressive reliability and what the English call, "the gift of the gab." (Unafraid to speak up.) How many unskilled men do you know of who have raised themselves above their more skilled fellow workers by becoming their union's mouthpiece?

You don't have to be 'well born'. You don't need lots of formal education. (Education has value of course, but it is not strictly necessary.) You don't have to be well dressed or have great physical beauty. Many of those with high sounding names and titles are dull and boring and the same goes for many of the world's so called 'most beautiful women.'

Vitality or energy, the kind which radiates outwards to impress others with an aura of power, is another quality of personality and sex appeal. Good physical health is another. Indeed, no one can feel very energetic if they are poisoning their systems daily with foolish bad living habits. Playwright G.B. Shaw, a man of wit, brilliant conversation and marvellous personality, once said of health: "If you have good health, then use it. That is what it's for. Do not hoard it or, like old milk, it is liable to sour and go bad." Now you are on the 'road' to an impressive physique – with HERCULES II, you are indeed moving in the right direction.

Intelligence, although not essential does allow a man to see more readily the weak or bad points of his character (character being the nature of a man; something he was born with and therefore different from applied personality) and to develop a personality to compensate for any character weakness.

Other qualities that are important are: honesty, courage, originality, enterprise, tact, sincerity, concentration and the ability to laugh at life and oneself. But don't let's forget personal hygiene. You've got to be nice to be near.

Let's find out now if you really know yourself. Below is a list of all those attributes or qualities mentioned plus some not mentioned. As these are the qualities that are needed for a distinctive personality and sex appeal, we can make a test of them and discover how many of those qualities you have at the present time. Remember: they are the same qualities that you must have if you are to win friends and influence people. They are also the same talents or traits that you must acquire or develop if you are to realize your ambitions. They are set out in the form of a self-analysis test. Read them through carefully and then give yourself an honest mark for each one.

The marking should be out of 10 as follows:

5 points indicating average
3 poor
2 very poor
7 good
8 very good
10 absolute – you can be no better

Personality Test: POINTS SCORED

1. Determination. (Prepared to do what you think is right and see it through.) ( )
2. Personal confidence. (Believing in yourself and what you do.) ( )
3. Enthusiasm. (The ability to get yourself motivated and spur others on to greater effort.) ( )
4. Patience. (Being able to wait for those ladder rungs to come up one at a time.) ( )
5. Cheerfulness. (Being able to produce a relaxed and optimistic atmosphere in others.) ( )
6. Vivacity. (Acting as if you really enjoyed life and wanted to live.) ( )
7. Vitality. (Do you wake up thrilled as you look forward to the challenge of a new day?) ( )
8. Social presence. (Including the way you hold up your head and carry yourself. Believing in yourself enough to be relaxed when people are looking at you.) ( )
9. Sense of humour. (Heaven only knows there are enough things to cry over and feel despondent about in this world, but its refreshing to find a man who is optimistic enough to look on the bright side. A man who can maintain a sense of humour, even when life deals him a low blow, has a head start on a luckier, but more morbid man.) ( )
10. Wit. (Like humour, but includes the ability to make others identify with you through witty conversation. Also means having the ability to side step trouble by the use of humour.) ( )
11. Aggressive reliability. (Makes others believe in your power to get things done. Includes positive action and staying power. ( )
12. Gift of the gab. (Can you let the conversation flow easily even when you're stuck for half an hour in the sole company of a stranger?) ( )
13. Energy. (Includes health and the power to carry enthusiasm on for long periods.) ( )
14. General Health. (Do you have good or bad living habits?) ( )
15. Intelligence. (A very broad field, but score yourself in comparison with what you think is the nation's average. Don't compare yourself with fools or a genius.) ( )
16. Courage. (In the face of big odds.) ( )
17. Originality. (Are you a parrot or do you think for yourself?) ( )

18. Honesty. (This means honesty in all things, not just whether or not you're such a failure that you feel you must take what belongs to others.) ( )

19. Enterprise. (Have you enough 'go' to get up and get on with something or do you look forward to wasting your time unconscious in your bed?) ( )

20. Tact. (How many times have you caused yourself and others pain and trouble by speaking before you think. Do you put your foot in it?) ( )

21. Sincerity. (How often do you really mean what you say?) ( )

22. Concentration. (Can you apply yourself to the job at hand, shutting your mind off from what is going on around you?) ( )

23. Laughing at yourself. (Are you too self-centered to laugh at your own mistakes or can you see the funny side of your own foolishness?) ( )

24. Personal appearance and hygiene. (Hygiene is the most important here. You don't have to dress up like a peacock as long as you are nice to be near.) ( )

25. Life! (A very hard quality to define. You can almost feel this as well as see and hear it. It includes many combinations of other points listed with the addition of sparkling eyes (an awake look), grace, attractive movements of the fingers, hands, head and body. It can also include such incidentals as the mannerisms of lifting an eyebrow or the position of the legs when standing, an intimate voice or a catchy accent. Life, as a quality is well understood by Ad. men. It is the elusive attraction that we see certain manufacturers trying to portray on our T.V. screens. Overdone for mass absorption as this type of scene is, it does serve to show how much importance the shrewd ad. men put on the desire of all of us to have this hypnotic effect on those whom we come into contact with. We all know the scene: The hero, when pouring his drink, or filling his pipe, has the eyes of a beautiful woman searching his unknowing body and face with a longing curiousity.) ( )

26. Compassion. (The ability to put yourself in the other man's shoes and to feel pity for his weaknesses.) ( )

A very long list indeed, and a tall order for anyone who tries to develop each of these qualities to a fine art: But, nevertheless, nothing new to those who fully realize the importance of self-improvement. Take heart. Serious practitioners of many old eastern religions spend years of their lives in meditation chasing self-improvement. Next to the tasks they set themselves, yours will be like falling off a log.

How did you make out? If you have scored 160 or over, you are already on your way to a magnetic personality. You need only to brush up on your weaker points and success will be yours. If you have scored 60-70 which is very poor, you have a long way to go. Your first job is to forget about yourself and start to live. If you have scored 40-50, it is unprintable! Not only do you have a long way to go, but you would be frightened to move, even if you knew the way! If you have scored 80-90, which is poor, you have a great need of this section of the course. If you have scored 100-110, this is fair, With a lot of hard work, you stand a great chance of improvement and success. If you scored 120-130, this is average. You could do a lot worse, or you could be a lot BETTER. If you scored 140-150, this is fairly good. Now we are getting somewhere. With this score you are well on the way to understanding the problems. If you scored 160-170, this is good. There would be fewer ulcers in the teaching profession if all the students were like you. If you scored 180-190, this is very good. Instead of thinking of yourself as a pupil, you should be thinking of yourself as a teacher and what's more, a teacher with a very powerfully attractive personality. It's obvious that you will have great success in almost anything that you decide to do. If you have scored 200 and over, my only comment here is that if you haven't been lying to yourself, then I hope that you become a world leader very soon – we need you!

NOTE: Once again these qualities are not listed in any particular order of merit. Some are more important than others, but all are desirable. One good reason for this type of quick test is that it teaches you how to assess yourself and to get to know about the weak and strong points of your personality. Ideally you should run this self-appraisal test once a month or so until you can cut off your own biased opinions of yourself (whether for or against). Try to be as neutral as possible as an examiner: A hard thing to do, but you will be a much better person when you have learned to do it. It leads to a better knowledge of yourself and that's very important.

MAN KNOW THYSELF...

People respect maturity and maturity is knowing all the in's and out's of man's weaknesses; curbing them in yourself and learning to live with them in others.

Stand before a mirror and take off all your clothes. Forget about the sexual connotations of being nude. This is the real you. You are there living and breathing. You are one of 2,000 million people who have been born to live on this earth and they were all born nude. Now turn your thoughts inward. See what makes you work. See your lungs taking in air and your heart pumping the life blood through your body. Move your arms and legs. Feel the power and the grace of your limbs. Think of yourself as a King, a mighty warrior, a beautiful animal radiating power and light from your body. Smile and imagine the warmth of your love for all things burst from your face. You will succeed, you are worthwhile.

There are Two Basic Types – Which Are You?

Now we must consider the types of people in whom the qualities we want to have are found. Firstly, there are two basic personality types: Extroverts and Introverts; often called "do'ers" and "be'ers". Extroverts are the individuals whose interests and personalities are turned outwards and directed towards the outside world. Introverts, on the other hand, are the quiet, withdrawn types whose interests are turned inwards towards themselves.

The main qualities of the extrovert are these: A strong desire for activity and a tendency to be leaders with an aggressive ruling attitude. Their chief failing is that, with all their interests directed outwards, they often are cool and lacking in passion. Their inner self suffers. Nevertheless, extroverts have a great talent for adapting to the demands of life. They meet trouble with action and are generally harmonious with the scheme of things. They are always ready with a smile or rather a belly laugh, in the face of adversity and are vivacious with a pronounced personality.

The introverts main qualities are that they are passionate and have deep feelings which they more often than not are unable to express. Although sensitive and often highly intelligent, the introvert seems to others to be slow, sluggish and lacking in personality. Fortunately there are very few out and out extroverts or introverts. Most of us are a fine mixture of both. A world of complete extroverts would be a world of action and chaos. Although there would be plenty of discovery, adventure and advancement going on, the world would probably end very quickly because we would all be fighting like dogs to be better than each other. All would have a passionate craving to become the overall leader. Psychologists call this urge — "The will to power".

A world full of complete introverts would be no better. We would all be huddled together, yet be so absorbed with our own selves that the lack of sympathy would result in decay and death. Moreover, the apathy that results from forever thinking but never actively doing, would result in many not caring to leave the confines of his Stone Age caves.

We are all aware of these two primeval forces working away within us. Your job is to learn to balance the two so that the most successful combination prevails. You must not be the "spur of the minute", impetuous "come on, to hell with the cost, let's go" extrovert. Nor must you be the procrastinating "What's the best? What shall I do? Best to do nothing." introvert. Your aim must be for a happy, balanced personality with a slight leaning towards extroversion. It's the type of personality who, after careful consideration, makes up his mind, plans his attack and follows it through with strong, positive action, who is successful. He is strong yet considerate of others. He is a force to be reckoned with; yet he can bend with the wind without breaking. If you are too introverted, you will find yourself engaged in an endless mental game of wishing for success, yet doing nothing about it. People like this tend to turn more and more into themselves as disappointment follows disappointment. In the end, in a bid to over compensate for long years of failure. They become merely dreamers and their dreams of greatness become more and more unrealistic. They are forever blaming this or that as their reason for constant defeat. If action, as we have said, is a major factor in the forming of a magnetic personality, then well planned action is the key that opens the door to easier progress along the road.

NOTE: A successful man is an extrovert who is introverted enough to be aware of his own weaknesses and has enough will power to do something about them.

What Destroys Sex Appeal and Personality?:

Having discussed what qualities were needed to create Sex Appeal and personality, now let us consider what qualities destroy them.

Read them carefully so that you will know exactly what you must avoid. There is no test here, and no praise given for high marks!

1. Lack of Vitality. (Dullness)
2. Poor Health. (Bad living habits)
3. Inattention. (Leading to ignorance)
4. Timidity. (Introversion)
5. Lack of Originality. (In a rut)
6. Lack of Social Sense. (Self-consciousness)
7. Lack of Self-Control. (Over indulgence)
8. Self Disgust. (Causing embarrassment and blushing)
9. Self Indulgence. (Obesity, etc.)
10. Awkwardness. (Over self-consciousness and carelessness)
11. Conceit. (Unfounded egotism)
12. Pig Headedness. (Insensitive to change, unable to bend, dogmatic)
13. Lack of Tact. (Usually non-thinking and no concern for others)
14. Poor Wit. (Narrow mindedness, ignorance, bad temper, etc.)
15. Self-Consciousness. (Lack of success)
16. Lack of Humour. (Self pity, bad temper, unable to join in, etc.)
17. Sense of Disappointment. (Defeatism, cynicism, etc.)
18. Dishonesty. (Selfishness, personality failure, fear and insecurity)

WHAT DOES IT ALL MEAN? . . .

Now let us briefly go over all that this has taught us, with a final word on 'Do's' and 'Don'ts'.

1. Magnetic Personality and Sex Appeal mean many things, but more than just winning friends and being popular, it means a successful personality based on a successful life style and success in life.

2. Although we are not all born equal in terms of background and possessions, all men are equal in that we are all born to die. But we **all** do have immense potential of unused talents that can be developed. These we can use to drag ourselves up by our bootlaces out of our present environment and on to success. No matter what our circumstances are now, all men can improve – and that means you!

3. All the world is a stage and if we play the part of what we want to become, that constant portrayal of a more important role during every waking hour will eventually change us into that person. As a child you were a fine actor. You were successful because you performed with natural self-assurance. Practise throwing off the restrictions and inhibitions that the adult world has imposed on us all. Rediscover the vitality you had as a child and show it in the way you act your role in life and in your personality. You must have complete belief in yourself before you can have a woman believe in you.

4. Chances are that we only live once. So make up your mind what you want to become and tackle all that you do with enthusiasm and determination.

5. All men basically are motivated by twelve things in life:

    1. Self preservation
    2. Love
    3. Sex
    4. Anger
    5. Fear
    6. The desire for money and material gain.
    7. Freedom of mind and body.
    8. The need to be considered worthwhile.
    9. The need to be respected by others.
    10. The desire for immortality. (To be perpetuated after death.)
    11. The need for self-expression.
    12. The need to constantly strive for personal fulfilment.

6. If you want a thing badly enough you will get it. But, don't expect too much too soon. Plan your attack on success. Don't give up in despair when you meet failure. Be prepared to give up one thing in order to gain another. Learn to bend. Decide on your ultimate goal in life. Then decide what is your immediate objective along that road. Set yourself a rough time limit to reach that rung of the ladder: one year, one month, one day? Maintain a straight, determined course of action and put it into motion. It is easy to stray or go off course, so from time to time, take time off for a fresh appraisal of your progress.

7. Don't live small. Life is big. Discover new horizons and hobbies by developing your powers of observation. Discover the joy that comes with noticing everything that is around you. There are many wonderful things around us that we look at every day but never see.

8. Develop Social Presence. Use the exercises in this course to expand your self-awareness and radiate life. Pursue some sort of sport or hobby that makes you mix with the crowd, while also getting you out of the house (and out of yourself.) If you don't dance, then you should play golf or bridge or some other 'mixing sport'.

9. Practise using man's most wonderful possession — your imagination. Loosen the workings of a cramped imagination.

10. Enthusiasm, energy and vitality are all necessary to anyone wishing to enlarge his personality. Surveys show that only **one** person out of twenty has enough enthusiasm (get up and go) to be a self starter. All the rest have to be pushed, bribed and cajoled into action.

11. Know Thyself. Get to know why you do what you do. Are you more extrovert than introvert, or more introvert than extrovert? Clamp down on your weaknesses with more self-control. Build up your strong points with optimism and faith.

12. Overcome nerves by being less concerned only with yourself and what impressions you are making. You will not be so nervous if you concentrate more on helping others, giving compliments and giving service to those around you and paying less attention to your own importance. No one created a worthwhile personality by worrying about it. It's far better to forget it and get things done.

13. Stop bad living habits and look after your health with the HERCULES II Bodybuilding Programme.

14. **Watch that weight**. Nobody can leap out of bed to greet the new day with enthusiasm if they are carrying 50 lbs. of flab on them that's no good to them. Personal appearance improves also with a trim figure. Suits and clothes generally look better on too if the figure is well formed. Also, a muscular face looks better and you look younger.

15. Look after your personal hygiene and appearance, but don't overdo your dress so as to appear too slick or out of character.

16. Read ten to fifteen minutes of good literature each day and keep up with the times. This is the only way that you can have views of your own.

17. Never resort to cheating and lying to get what you want from this world. If man is to survive on this planet, he must move forward, not sink back into the dark ages of slime that envelopes all thieves and robbers.

18. Have a just opinion of yourself and a just opinion of others.

19. Be a good listener. "Silence is Golden". But you must listen intelligently. Even if your mind wanders when someone becomes a trifle boring. Force yourself to pay attention. A bad listener is both selfish and self-centered. Anybody who cannot be bothered to listen is never popular.

20. Be a good talker. But you must have something to say. If you try to be interested in your fellow man, then you will become a good talker.

21. Be modest. If a man wants to stand out, he must always be trying to stand at the back of the crowd. Don't be forever bragging about some little success. It only proves that you are unused to it. A quiet self-assurance is perhaps the most outstanding quality of a Magnetic Personality. To be weak and unreliable is probably the hall mark that will destroy your personality the most. It is also the first thing that will turn a woman off!

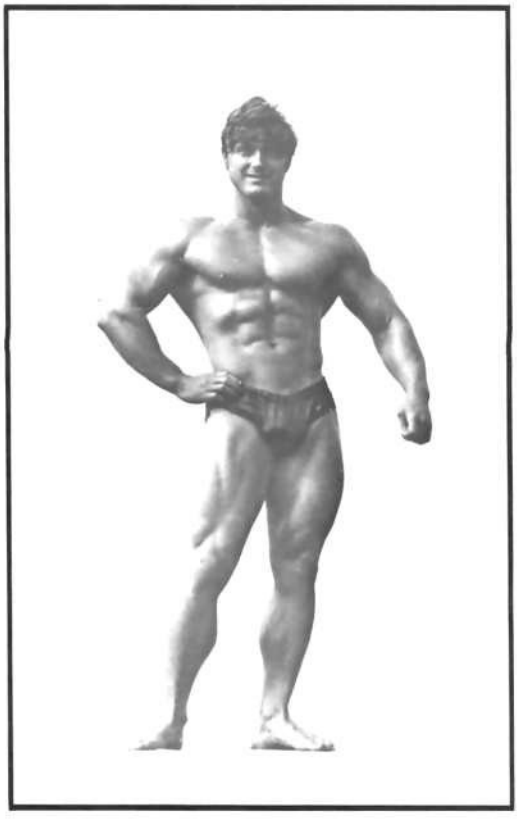
We make no excuses for showing you these actual before and after pictures of this Hercules II pupil again. We have put him here for a very good reason – so that all our overweight pupils can take heart and be enthused by his example.

Let's just remind you of this man's personal achievement with the Hercules II program . . .

Look at the BEFORE picture on the left – he was covered from head to foot in ugly fat, and in his own words said: "Fat, always overweight and feeling out of condition. I was ready to give up on life." Now look at the AFTER picture on the right . . . **A few short weeks and 67 lbs. lighter he looks great!** It wasn't hard work he just decided to believe in Hercules II and get down to it.

IT CAN BE DONE – IT WORKED FOR HIM AND IT CAN WORK FOR YOU.

If **you** are still overweight, stick to the Hercules II diet recommended. It really does work and here is just one pupil who has proved it.



MR. BRITAIN, FRANK RICHARDS, GIVES ALL HE'S GOT TO ALL TYPES OF TRAINING, INCLUDING EXERCISING WITH BARBELLS. HE FEELS THAT GOOD NUTRITION IS MOST IMPORTANT TO THE BODYBUILDER AND EATS GOOD MUSCLEBUILDING FOODS SUCH AS COTTAGE CHEESE, MEATS, FOWL, SKIM MILK, EGGS, YOGURT AND NUTS. HE ALSO RECOMMENDS A PROTEIN SUPPLEMENT TO HELP YOU GET THE MOST OUT OF YOUR WORK-OUTS.

WANT MORE WEIGHT? TRY THIS MILK DIET

For those of you who find weight gaining difficult, here is the Hercules II MILK DIET for you to try out.

The diet is not a difficult one to follow. You eat all the foods that you are eating now but you add to it the consumption of lots of MILK and we mean LOTS. (Regular milk, not skimmed.)

MILK, MILK and still more MILK. Have two full glasses at breakfast, two more with your mid-morning snack, two more at lunch and four more during the evening. That's ten glasses of milk a day to add power and weight to your workouts. Stick to this diet for one month and watch out for the results in added bulk and muscle size. After a break of two weeks you can, if you wish, continue for another month.

This is the milk diet that has worked wonders for thousands of bodybuilders. We do not recommend it if you are inclined to be overweight. But if you wish to bulk up at a quicker rate than ever before, then try this diet. It has been tested countless times and some fellows have gained up to 50 lbs. of muscle and more!

Milk is one of the most complete foods known to man. It contains virtually every goodness necessary for health and muscle growth. Milk contains every vitamin known to mankind. Modern scientists are pretty certain that milk contains even the vitamins **yet to be discovered!**

Speed Training . . . A different approach that can work wonders.

Try incorporating the Speed Training principle into your workouts. You will benefit by:

1. Gaining more muscle and strength.
2. Devoting less time to your workouts.
3. Increasing stamina.

Performing your repetitions at super speed can actually increase your muscle size. We have advocated in earlier lessons, rhythmic training with moderate speed. But now that you are used to this type of exercise, it may be a good time to start employing a system of speed reps in your workouts. After a little practice at this method you will find that training fast can enable you to do more work. Consequently your muscles will compensate for the additional work by enlarging even more. They will get bigger and bigger.

But:

You must maintain good exercise style while training at this faster pace!

Do not bend your body or bounce unduly during your exercises. This is known as 'cheating'. This form of exercise has no place in the Hercules II program. We want you to perform your exercises with an even motion – Up – Down – Up – Down .... There should be a definite even rhythm to all your exercises. They should be performed neatly. Not haphazardly. Let's take a look at how the super speed rep system works. Say you can do fifteen reps in the floor dip exercise working at moderate speed, and it takes you about 25 seconds to tire out completely so that you can't do another rep. Beyond that you can go no further. But if you did that with speed repetitions so that you did your dips so fast that you didn't pause anywhere in the exercise, you may well find that you could do not just 15 reps but 16 – 17 – 18 or maybe even more! All because you decided to push the pace and work faster. Of course, as we have mentioned before, if you can get your mind and body to do more work, it will reply to the demand by readjusting to the extra load, i.e. YOU GET BIGGER MUSCLES!

Why do speed repetitions work so well? Because by doing them you race against the muscles natural fatigueing processes. You get in as many reps as you can before your body tires out. When you first start employing speed repetitions just try the principle in one or two exercises only at first. Then gradually you may use the method in ALL exercises. You will be pleased with the results. . . .

DO YOU SMOKE CIGARETTES?. . .

We often get asked about the danger of smoking: "Will I still make good bodybuilding progress if I continue to smoke?" This is a common question to which our first reaction is to say: "No Way!"

On the other hand, we have to admit that some very well built men do indeed smoke. But we can't name one who smokes heavily.

We will say this: Young healthy guys seem to be able to smoke and still make progress in bodybuilding. But they would do better if they didn't smoke. On the other hand, smoking has ruined many young and not so young bodybuilders. If you are fed up with smoking then read on.

A patient in a cancer hospital condemns smoking saying:

"Unlike the young people in the commercials we don't ride horses, helicopters or sports cars in this hospital – we ride wheeled tables to the operating room and few ride them back!"

Now read what Mart Waters wrote in Readers Digest four days before he died:

> "It wasn't that I got any real pleasure out of smoking, except for the first cigarette in the morning with my coffee. I never enjoyed it. In June, 1965, my stomach began hurting and I would get up every hour to drink milk and smoke a cigarette. In September, I got a horrible cough and there was a nasty soreness in my left lung. I went to the doctor. He told me: 'You have a lung tumor'. Four days later the surgeon took out a left lobe. A month later I was back at work. I hadn't smoked since the day before my operation. It wasn't hard to quit – for one simple reason – motivation. I came along fine, gained ten pounds and really felt good. Then on January 3rd, I thought I caught a cold. I went to my surgeon who astounded me quickly, 'The time is drawing closer', he said. Later, my wife confided that he had told her after the operation that I had less than a year to live. But she wouldn't believe it and she didn't tell me. I find no fault in that. My doctor told me that of every 20 lung cancer cases, only one survives – the other 19 die.
>
> Whether this story will stop anyone from smoking, I don't know. I doubt it. Not a soul I've preached to has quit smoking – not a single, solitary soul.
>
> You always think: 'It will happen to the other guy, never to me.' But when you get your lung cancer, God help you. All you need to see is that shadow on your chest X-ray. It's a real shocker. There's nothing you can do.
>
> At this point, I'm comfortable. The nurses give me something whenever there's pain. I'm very short of breath. I can't take five steps without having to sit. The cancer has gone into my liver and I don't know where else.
>
> I don't have a ghost of a chance. It's too late for me. It may not be for you."

So Why Do You Do It?:

The reasons for starting cigarette smoking:

(a) To be one of the gang at school, college or at parties.
(b) To be more 'grown up'.
(c) To relax in formal surrounding.
(d) To reduce tensions and worries.
(e) Curiousity to see what they taste like.

Most people start in their teens. At this time cigarettes mean maturity. They are a smoke screen to cover awkwardness. They are 'smoke signals' to the rest of the tribe to show you that you belong.

One thing is for sure. No one actually enjoys their first attempts at smoking. They cough, splutter and many actually physically vomit. Yet they persevere. Soon the smoking habit becomes well established, second nature.

Adult men and women smoke for two basic reasons:

(1) Socially: They feel more in place smoking when others are smoking. It gives them something to do.
(2) They Are Hooked: They have an actual need for nicotine having built up an inherent desire for the drug.

O.K. So you are fed up with smoking: You want to stop. Here's How:

Step One: **Get Serious**

The first step calls for a review of your ideas and attitudes on smoking. Develop a strong personal conviction that smoking is very bad for you. Re-read the beginning of this section about Mark Waters plea to you to **STOP SMOKING**.

You must understand that smoking is one of life's most detrimental habits. When the medical facts are fixed in your mind, you are ready to succeed! REMEMBER: If you continue to smoke heavily you have 20 times the chances of contacting LUNG cancer. And 19 out of 20 people who have lung cancer die from it!

Step Two: **Look In the Mirror and Tell Yourself in a Loud Voice**

"I want to stop."

"I want to be healthy, live long and save money."

"I WANT TO STOP SMOKING – I AM GOING TO QUIT THIS LOUSY HABIT!"

Step Three:

Remember that your body is always trying to get back to perfect health. Stop smoking and live sensibly and you will be fit again. Your smoking is holding your body back from being in normal health. GIVE YOURSELF A CHANCE!

Step Four:

Don't say to yourself "I will never smoke again". Simply say at the beginning of each day, "I choose not to smoke today". There can be danger in stating categorically that you will never smoke another cigarette as long as you live. It's a big promise to keep. Simply tell yourself quietly .... "Today I choose not to smoke!" And repeat this sentence when you get up each morning.

Step Five:

Smoke while you read this course. Chain smoke. Don't stop yet. Set a date a few days from now. Plan your 'stop smoking' day. You have to build up in your mind the REAL desire to stop. Keep smoking now, but quietly plan in your mind to stop 'next Thursday' or 'next Tuesday' or any specific day. When you do decide to quit, you have to build up as much momentum as possible.

Step Six:

Tell all your friends (and enemies) that on such and such a day you will quit smoking. Make a big thing of it. That way you'll be too embarassed to start smoking in front of these people again.

Step Seven:

When the going gets difficult, think of the five freedoms you win as an ex-smoker:

(1) You preserve your health and lengthen your life.
(2) You are free of the dictatorship of cigarettes.
(3) You're able to do more things with less effort.
(4) You have more money to spend.
(5) Your senses become sharper, increasing your enjoyment of life.

By giving up smoking you are making a present of many positive pleasures to yourself.

Your sight improves, you are not as old as you thought. You can run up those stairs. Your heart doesn't protest like it used to. Food tastes good again. Kisses are fun and pure again. You enjoy fresh air. Your sense of touch is heightened, improving your co-ordination. You have a keener sense of smell. Your skin looks fresh again. In short, life is fun.

Step Eight:

Some don'ts:

(a) Don't take drugs. (They are either dangerous or useless.)
(b) Don't substitute a pipe for cigarettes.
(c) Don't try to give up by smoking other people's cigarettes.
(d) Don't bet that you will stop smoking and expect that the loss of money will keep you in line.
(e) Don't ration yourself to a daily quota. It makes them more important.

Step Nine:

Once you have decided which day is 'Stop Day' prepare yourself for any problems that may arise. Be prepared to decline offers in any situation.

Step Ten:

After having stopped never go back by celebrating with just one cigarette. This is lethal. It is the reason why so many go back to smoking after having "given up". They allow themselves 'just one at Christmas', 'one while the wife has a baby', 'one after bumping the darned car'. One leads to two – two to three. Presto! All is lost. They are back smoking again!

Step Eleven:

Find a partner if possible. Read him or her the beginning of this course. Turn this person right off smoking. Make him sick to the stomach at their stupidness. Then plan to stop together. Choose someone you see often. The whole business of stopping will be eased.

Step Twelve:

Write down your five strongest reasons for wanting to quit. You may have twenty reasons. Write them all down and then compile your list of five big ones on a small card. Here's how my list ran (yes, I smoked, I have now been completely free of the habit for nine years):

1. Ever increasing fear of contacting cancer.
2. Can't stop coughing, throat raw.
3. Complete lack of stamina and wind.
4. Heart, chest and back pains.
5. I'm a slave to the habit.

Keep your list with you. This card should be looked at frequently. You might as well write all your reasons down while you have a pencil in your hand. 'Want to save money', 'could kill me', 'catch cold very easily', 'keeps me from sleeping', 'mouth always tastes terrible', 'forgotten what food tastes like', 'burns holes in my favourite suit', 'my wife says it makes the house smell musty', 'don't enjoy the taste of cigarettes', 'I want to regain youthful appearance', 'eyes failing'. **Underline the five most important.** Read your list before going to bed, in the bus going to work, at the office, at breakfast! Think of how great you feel now you have stopped smoking.

Step Thirteen:

The eve of 'Stop Day' has arrived. Tomorrow you quit. On this last evening you will smoke a little more than usual. Unless smoking bothers you too much, you should chain smoke on this last evening. After a few cigarettes ask yourself if you are really enjoying them so much. Are cigarettes really so great? Say to yourself, "Thank goodness I'm quitting this filthy, dangerous habit." Keep smoking but not so you get sick. Look at the smoke curling up from the cigarette in your hand. Turn your mind against that cigarette. Remember the thousands upon thousands of cancers it has caused – the lives, young and old it has taken! Don't smoke all your cigarettes. Keep the rest to destroy tomorrow 'Stop Day'.

Step Fourteen:

"Stop Day" has arrived. You have already told everybody that this is the day you will stop. Start the day with a hearty breakfast. Then publicly destroy **ALL** your remaining tobacco supplies. Give your lighter away. Crush your cigarette case or if it is valuable sell or give it away. Of course you won't object to others smoking but inform everyone who does not already know, that YOU have given up smoking.

Step Fifteen:

Writer Ernest Caldwell, author of an extremely good book on the hazards of smoking said that the one big mistake that most people make when they try to stop smoking is that they often allow themselves just one exception: "I'd like to write this rule in letters 2 feet high", says Caldwell, "DO NOT MAKE A SINGLE EXCEPTION! DO NOT SMOKE A SINGLE CIGARETTE! DO NOT TAKE A SINGLE PUFF!" You must not consider ever smoking again.

Step Sixteen:

There will be times when you will have a fleeting temptation to smoke – new company, a dinner date, a party, a flight in an airplane, Christmas. DON'T GIVE IN! Re-read the scare part of this course! It's true and common.

Step Seventeen:

One week later. You have done it! Don't keep it secret. Boast to your smoking friends. They will all be interested in knowing that it can be done. Your cigarette cough is on the way out. The nicotine stain on your fingers is fading. Visit your dentist. He'll clean the nicotine stains from your teeth. The stale tobacco taste is gone forever! Your mouth feels wonderfully clean!

Step Eighteen:

The fear of cancer and ill-health must be your main reason for quitting smoking. It is with us. It is a very real problem and it is one of the **saddest things that can happen to a man or woman**. Ponder the final question: Would you use the service of an airliner if you knew that one out of every seven planes crashed leaving NO survivors?

Decide to stop smoking now and do you know something? It may not be as hard as you think! Statistically, each cigarette you smoke lessens your life by seven minutes.

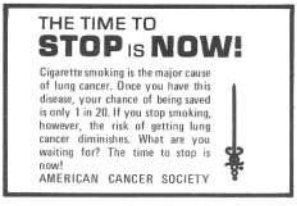
Review of Steps:

1. Get Serious
2. Look in the mirror and loudly proclaim that you are going to stop smoking.
3. Give your body a chance to regain the health it is constantly asking for.
4. Say, "I choose not to smoke!"
5. Build up a real desire to stop – don't quit yet!
6. Tell your friends that you will stop on a certain day.
7. Consider the five freedoms you gain.
8. Bear in mind the important 'Don'ts'
9. Prepare yourself for the 'Stop Day'.
10. Don't celebrate with even a puff of a cigarette.
11. Find a partner to quit with.
12. Write down your reasons for quitting.
13. Smoke heavily on the eve of 'Stop Day'.
14. 'Stop Day' – destroy all smoking equipment.
15. No exceptions.
16. Don't give in!
17. Gone forever. Congratulations!
18. Your main reason – cancer.

Buerger's Disease

This disease is exclusively known to smokers. Look at the record! Of 1000 tested cases, every single one was a smoker. New York's Mt. Sinai Hospital checked 1400 cases. In 1400, 1400 were smokers! The disease occurs in the extremities, that is the hands or the feet. Patients find that the afflicted areas turn cold, then white. If the disease is not checked at this point, gangrene sets in, and unless the hand or foot is amputated, death follows. This happens because the circulation is greatly reduced, or even stops altogether. Luckily it is not a common disease.

You have decided that you are going to give up smoking some time soon. Giving up smoking will open an exciting new world of freedom to you.


THE TIME TO
STOP IS NOW!
Cigarette smoking is the major cause of lung cancer. Once you have this disease, your chance of being saved is only 1 in 20. If you stop smoking, however, the risk of getting lung cancer diminishes. What are you waiting for? The time to stop is now!
AMERICAN CANCER SOCIETY

Bear in Mind:

Smoking can cause ulcers.
Smoking can cause heart disease.
Smoking can kill in circulatory diseases.
Smoking creates over-acid condition in stomachs.
Smoking damages your digestive system.
Smoking injures the liver.
Smoking causes respiratory ailments.
Smoking injures tubercular patients.
Smoking causes additional problems for diabetics.
Smoking aggravates an overactive thyroid gland.
Smoking cuts down your endurance.
Smoking can cause blindness.
Smoking spoils co-ordination.
Smoking creates nervous tension.
Smoking contributes to certain types of deafness.
Smoking spoils the complexion and causes skin ailments.
Smoking stupefies the brain.
Smoking causes an earlier death.
Smoking can cause hardening of the arteries.
Smoking causes lung cancer, mouth and throat cancer.
Smoking causes Buerger's Disease.

STEVE REEVES DISPLAYS TREMENDOUS PHYSICAL PROPORTIONS IN THIS SUPERB PICTURE BY LANZA — NOTE THE EXTRA SMALL WAISTLINE. HE IS A PRODUCT OF HIS OWN TRAINING IDEAS.

HERCULES II

(Apollo - Power - One)

lesson 9

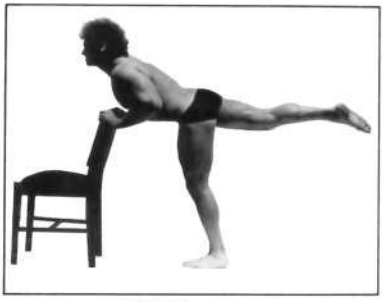
lesson 10

LESSON NINE

In this lesson you are to add just one exercise to your schedule:

EXERCISE ELEVEN:
Bent Over Leg Raise to Rear
(Lower Back, Hips)
3 x 18

1. Adopt position as shown in Illustration (a), resting on chair or table top.
2. Raise left leg to rear as high as possible, keeping body still.
3. Raise right leg in similar fashion. 18 repetitions each leg.



Illus. (a)

The last two lessons have advised that you perform your exercises in "pairs" following the HERCULES pumping system. You are to still continue this alternating technique as laid out in Lesson 7.

This week's exercise (Bent Over Leg Raise to Rear) is the exception. You simply perform it on its own at the end of the schedule.

As usual we want you to give your best effort to your workouts. Be conscientious. Don't leave any exercises out. Don't miss workouts. Keep your enthusiasm up. Flick through some of the early Hercules II lessons for added inspiration and advice. **While following lesson nine you may like to try this variation of the milk diet mentioned in the previous lesson #8.**

Breakfast
Cereal, milk, egg, bacon or ham, toast, jam

Mid-Morning
Meat or fish sandwich
Two glasses of milk

Lunch
Salad, fish, meat or cheese
Two glasses of milk

Mid-Afternoon
Cheese, meat or fish sandwich
Two glasses of milk

Supper
Regular meal of meat, vegetables, dessert
Glass of milk

Before Retiring
Sandwich
Glass of milk

Your schedule this week looks like this:

1. Hercules Dips between Chairs – 4 x 10

2. Reverse Chair Dips – 4 x 12

3. Calf Raise – 3 x 20

4. Bouncing Squat – 3 x 60

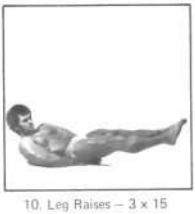
5. Lateral Raise – 3 x 10

6. Jacknife Floor Dips – 3 x 15

7. Single Leg Biceps Curl – 3 x 35

8. Triceps Floor Dip – 3 x 10

9. Situps – 3 x 15



10. Leg Raises – 3 x 15

11. Bent Over Leg Raise to Rear – 3 x 18

HOW TO POSE YOUR BODY:

There are many different reasons for posing the body:

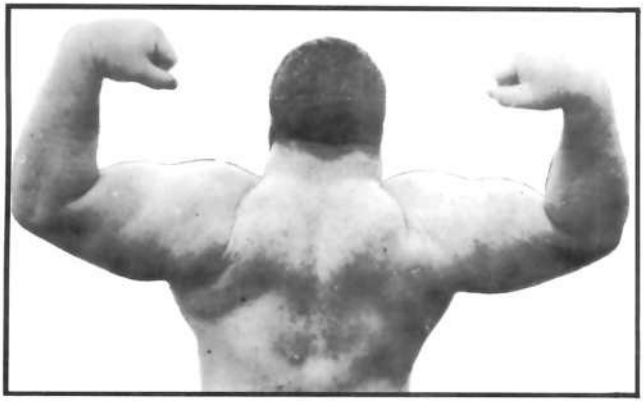
1. To display good body development and top proportion.
2. To display grace and beauty of physical 'line'.
3. To show utmost physical development in the form of huge muscles, with razor sharp definition.
4. To show tremendous awe-inspiring power.

Each of the above 'styles' is quite different and no one man could pose successfully to show the utmost in all categories at the same time. What is it you want to show when you pose?

Picture Number One shows the type of pose that is used by bodybuilders who have good muscle size (though not enormous!) and who like to display the fact that they have balanced out their training and developed a proportionate physique. This is usually the most sought after type of build. The photograph is, of course, none other than "Mr. Everything", **Steve Reeves**. He is generally considered to be the World's most perfectly developed man.

Our next model is **Tony Sansone**. This picture displays the grace and beauty of the male physique. There is no attempt to show huge bulging muscles. The idea behind this type of pose is to show how one does not need 20 inch arms to make an interesting study. Few modern day bodybuilders could look impressive in this pose.

Utmost physical development is shown in this "most muscular" pose by **Harold Poole**. This is the most controversial type of posing. When a bodybuilder seeks to 'pop out' his muscles in this way, the layman tends to wince and may even feel nauseated. On the other hand, this is exactly the kind of pose that wins physique contests (and money prizes) for men who are willing to put in the time and effort. Harold Poole knows all about how to impress physique judges. He has won his fair share of contests, including Mr. World.



The man who wants to show tremendous power is not interested in looking "pretty". He has never believed in doing 'cosmetic' exercises to shape or define his muscles. Basically, he is more interested in doing rather than showing. He lifts only the heaviest weights and gauges his progress by how much he can lift and not how good he looks.

Our subject in this power photo is **Paul Anderson**, Olympic weightlifting champion and director of the Paul Anderson Youth Foundation for Orphans in Vidalia, Georgia. A bull gorilla would be proud of that back.

To help you with your posing, here are a few samples of some impressive bodybuilding photos showing good posing. Study them carefully. Practice regularly and pretty soon you will get the idea of how to display your own muscles to the best advantage. A word of advice: Place your feet in the right position first and then attempt to pose the arms, chest, etc. Always practice in front of a mirror and don't tense the muscles too hard at first. Your arms should not be shaking with the effort when you tense up. Practice poses that suit your physical type. It's no use posing like the world's most muscular man if you have twelve inch arms!

Steve Reeves (right). Hercules of the Screen, Mr. Everything. This superb shot taken during a physique contest, shows that elusive combination of artistic masculine beauty and strong powerful muscles.

Reeves' measurements at the time this photo was taken: Chest–50", Arms–18", Waist–30", Thighs–26", Calf–18", Neck –18", Height–6'1", Weight–225 lbs.

Don Howorth (left), A splendid shot showing this Californian Superman displaying his rugged muscles. In this study every muscle area is clearly shown to advantage. Even the arms which are not flexed show large bulk, yet pleasant lines.

John Carl Grimek (left), Editor of Muscular Development Magazine, shows a wonderful three quarter back view in this study. Not only does the picture show large muscular size and obvious power, but there is a tremendous feeling for masculine grace and flowing artistic line. J. C. Grimek is undefeated in physique competition.

Reg Park (right), 6 ft. 1 inch, 230 pounds of solid muscle, many times Mr. Universe winner. Reg shows how to pose his huge physique to its best advantage. Note the artistic interpretation, while at the same time displaying one of the most ruggedly developed physiques of all time.

Here at the HERCULES II offices we receive an abundance of mail, all of which we endeavour to answer as promptly as possible. Naturally enough, many of the questions asked are concerned with building bigger and bigger muscles. However, we have been getting a lot of questions lately from fellows who are not just concerned with muscles and strength, but they are concerned with having lifelong HEALTH. "How can we be sure not to contract a fatal illness like cancer or heart disease?" Our first answer has to be: There is nothing you can do to **guarantee** that you will not contract cancer or heart disease. There is nothing you can do to **guarantee** lifelong health and virility. You can only reduce the likelihood as much as possible. For example, if you smoke 25 cigarettes a day, you increase your chances of dying prematurely from lung cancer by TWENTY TIMES! Alternatively, if you don't exercise and allow yourself to get flabby you will greatly increase your chances of dying prematurely from heart disease.

Here is a checklist of things you should do if you want to do EVERYTHING possible to ensure a long, healthy and vigorous life:

1. Exercise regularly (3–5 times a week) until the heart and lungs are forced to work harder for a period of time.
2. Do not smoke cigarettes at all, or drink alcohol regularly.
3. Eat only good wholesome foods like fresh fruit, vegetables, salads, fresh fish, whole wheat products, milk, eggs and nuts.
4. Have a yearly checkup with your family doctor.
5. Don't allow life to worry you. Keep personal affairs, money, work and domestic troubles in line. Don't allow tension to take over.
6. Try and get a little relaxation after meals. (A few minutes is better than nothing.)
7. Make sure that you sleep at least 7–8 hours each night.
8. Keep all excess fat off your body, especially if you are getting on in years.
9. Work for and maintain good posture.
10. Get out in the fresh air whenever possible. Sunbathe regularly, but don't allow the skin to get burnt.

THERE YOU HAVE IT:

EXERCISE REGULARLY
EAT WISELY
BE MODERATE IN YOUR VICES and
TAKE CARE OF YOUR HEART

Remember, you can make your exercises a monotonous irksome failure. Why not train for all you are worth and make them sheer delight! It's all dependent on your mental attitude. Think of yourself as possessing the perfect body. Be proud of the way you look and feel. Regard each workout as a step nearer to your physical goal. You are gaining greater and greater perfection. Go to it!

LESSON TEN

A New Schedule this Week!

Follow the exercises in the order we have indicated. Do three sets of each exercise for the first workout and then aim to do four sets of each exercise from then on. Take a minimum amount of rest between sets (never more than a minute). The more you put into your workouts, the more you get out of them.

This schedule is not to be done in the pumping style as we advocated in Lesson 7. Simply perform the number of sets recommended for each movement. Only when you have done all the sets for a particular exercise should you move on to the next movement.

EXERCISE ONE:
Lateral Raise
(Outer edge of the shoulder)

Stand about 12" from a wall as shown in the illustration. Place back of hand against wall. Keeping body upright and while maintaining a firm foothold, attempt to raise the straight arm against the wall. Naturally you will not be able to move the arm, but the effort of trying will give your shoulders a fantastic workout. Repeat for ten reps (work both arms). Hold for, from five to ten seconds each rep.

Illus. (1)

EXERCISE TWO:
Leg Raise Dips
(Entire Upper Body)

Adopt the position shown in Illustration (2a). Slowly bend the arms to allow your head to touch the floor as illustrated in (2b) Push up and return to original position. Repeat for 8–12 repetitions.

Warning: Make sure that you do not lower your torso too quickly. You might hit your head with a thump.

Illus. (2a)

(Illus. (2b)

Illus. (3)

EXERCISE THREE:
Hercules II "Knees Out" Squat
(Thighs, hips, calves)

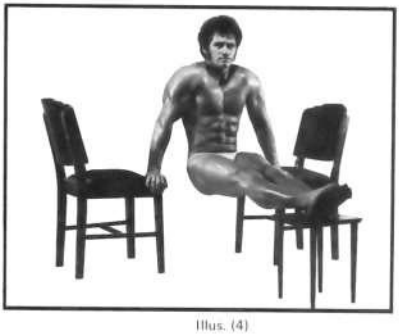
Hands on hips. Heels together, toes pointed outwards. Lower into a squatting position until your thighs are parallel to the floor. Raise and repeat.

Important:

You must make a determined effort to lean backwards during this exercise, yet at the same time keeping the hips forward. This is an excellent exercise for not only building and defining the thighs but it will also help to firm up and trim the hips.

EXERCISE FOUR:
Reverse Chair Dips
(Upper body and arms)

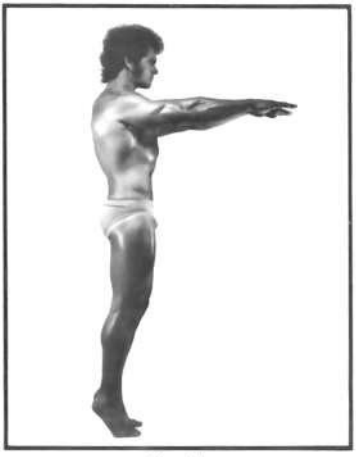
You have done this one before. Adopt the stance as shown in Illustration (4). Now lower your body as deeply as you can by bending the arms. Push up and lock elbows. Lower and repeat. 12–15 repetitions.



Illus. (4)

EXERCISE FIVE:
Calf Raise
(Lower leg)

Stand as in Illustration (5). Raise your heels as high as you can and lower, repeat this heel raising movement quickly for up to fifty repetitions. Remember to lift the heels as high as possible to obtain maximum height. Stretch arms out in front to help balance. You may hold onto the back of a chair if you wish.



Illus. (5)

EXERCISE SIX:
Hercules Midsection Twists
(Abdominals)

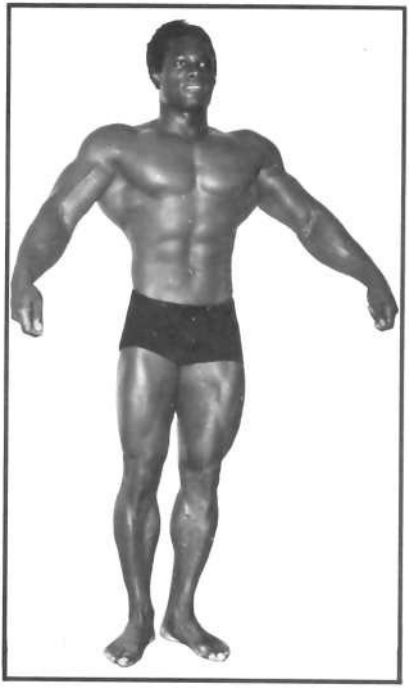
This is a real Mr. Universe favourite for defining and muscling up the entire waist area. A broom handle should be used to maintain posture and help get added "twist" during the movement.

While maintaining this standing position simply twist your body so that your right arm is pointing directly in front of you. You will note that when this happens your left arm will be facing directly backwards. Now twist back again until the left arm is pointing forwards and the right arm is pointing back. Try to keep hips facing forwards throughout the entire exercise.

Continue for 50–100 repetitions.

Illus. (6)

MR. UNIVERSE, PAUL WYNTER.



This is a photograph of fabulous **Paul Wynter**. He is a Mr. Universe winner. There is no doubt that he possesses one of the most proportionate bodies in the world. His muscles were helped to greatness by this very course you are following.

Paul Wynter's advice to any normal male who wants to shape up fast: "Whether you are currently fat or thin, young or not so young, following the principles of the Hercules II course can bring your body up to peak power and efficiency.

Whether you want to gain or lose weight I suggest that you take a good protein supplement to help your progress. Then you may be sure that your training will not be in vain."

CAN YOU INCREASE YOUR POSTURAL STANDING HEIGHT?

One hears a lot about height increase these days. Many people wonder whether or not permanent stature improvement is possible. The answer we give to any short and poorly postured man is "YES!" If you are suffering from less than perfect posture you can certainly stand taller. Improvement is possible. The answer we give to any short and poorly postured man is "YES!" If you are suffering from less than perfect posture you can certainly STAND TALLER **just by learning to stand at your full height potential with perfect posture.**

This program shows how you can do virtually everything possible to bring you to your full height potential. Perform the exercises three times a week AFTER your regular HERCULES II bodybuilding movements.

Now take a took at your spine for a moment. (Illus. a) As you look (from the side) you will notice that it has three curves: a forward bend at the neck, a backward bend in the middle, and another forward curve in the lower back. These spinal curves developed millions of years ago when man first stood upright during the evolutionary process. Now as we grow older the weight of our heads (about 1/8 of your total body weight) and upper torso, tend to increase the DEGREE of each curve, making them deeper than they were originally, and deeper than necessary.

ILLUS. (A)

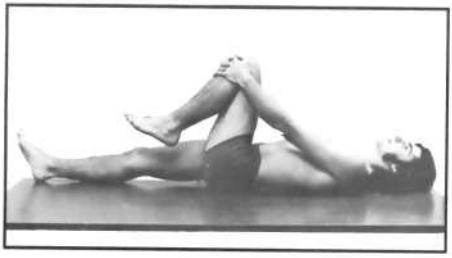
The deepening of the spinal curves causes one to be shorter than one need be. Never forget: THERE IS A GREAT FLEXIBILITY TO THE HUMAN BODY.

Now for the formal stature exercises. At no time force yourself to reach the number of repetitions indicated. If you feel overtired, then just be content to take it easy. In time you will be able to perform all the exercises with ridiculous ease. But never overdo your effort during the break-in period.

Here are the movements; perform them in the order shown. They are specifically designed to attack the areas of the body where cartilage can expand, minimally, between the vertebrae of the back and neck, to benefit the elongation of the bony areas of the legs and hip region, and to straighten your spine to add extra length and overall posture improvement.

We should add here that the U.S. Postal Department in Washington has ruled that only minimum height increase is possible and then this is not, in their opinion, permanent. Accordingly, we do not advertise that we can increase your height greatly. We simply offer this advice to you to aid perfect posture.

Movement No. 1
Lumbar Exercises:



Lie flat on back. Clasp hands firmly below right knee; pull toward chest. Hold for slow count of three. Repeat with left leg, then with both legs at once. Concentrate on keeping lower back flat on floor while performing this movement. Do not point your toes during exercise..

Continue this exercise until comfortably tired. About a minute should be adequate. This exercise mobilises the spine, also slightly, the abdominal muscles.

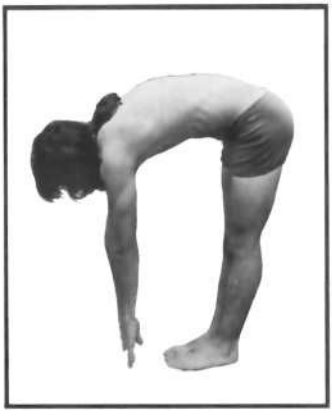
Movement No. 2
A Simple Movement:

Probably one of the best practical ways of increasing your straightness is to perform the following stretching movement. Obtain a pile of newspapers which allow you (when standing on them, heels flat on the ground) to barely touch the ceiling when the body is fully stretched with arms above the head, reaching up. Perform this daily, stretching upwards, touching the ceiling with the fingertips and each day remove one newspaper. The principle is that one is forced on a progressive basis, to reach for that added stretch. This one simple exercise has been responsible for increasing the postural stance of many individuals. Another practice that one should do daily is hanging from a horizontal bar. Do this until you feel a significant stretching throughout the body, or until the grip tires. A further recreation which contributes to giving you added stretch and suppleness is ball throwing. Practice this at any opportunity. This exercise loosens the entire spine and shoulders.

Movement No. 3
Toe-Touching:

Perform as illustrated from 10–30 reps. This exercise helps stretch the muscles of the back and of the spine. A great contributor to postural improvement. As you loosen up, really stretch out this exercise. You will find that the ham strings at the back of your thighs will be tight at first. In time, these may lengthen to allow greater stretch.

This exercise mobilises the spine, also slightly, the abdominal muscles, and stretches the shoulders and ankles.



Movement No. 4
Cervical Exercise:

Clasp hands behind head, elbows perpendicular to nose. Lower chin and slowly push head against resisting hands; hold; release gradually; relax; repeat ten times or until comfortably tired.

This movement mobilises the upper spinal area in the upper back and neck regions.

Movement No. 5
Alternate Toe Touching:

Bend smartly forward and touch left toe with right hand. Return to upright position and touch right toe with left hand. Repeat 10–30 times, depending on condition.

Mobilises the spine; also slightly, the external oblique abdominal muscles, ham string tendons and shoulder girdle region.

Movement No. 6
The Pelvic Tilt:

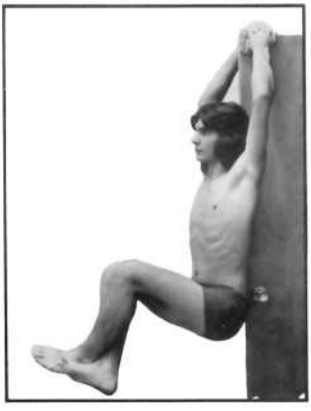
Lie on floor, flat on back; bring feet back close to buttocks. Press lower back flat on floor and tighten stomach muscles at the same time. Hold for a slow count of three. Repeat up to ten times.

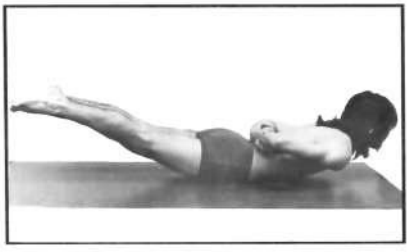
Helps to rectify excessive spinal curvature. Straightens lumbar regions.

Movement No. 7
Bar Hanging:

Hang from a chinning Bar (or door ledge). Place a cushion on the top of a sturdy door (for hand comfort) and simply hang for as long as you can reasonably hold on. This is a tough exercise for some and although a useful addition for any posture increase program, it is not essential. It can be left out if you wish. A door is not the most comfortable thing to hang from. Many people manage to find a pipe or rail of some sort around the home on which to perform this movement. After a few weeks you may do this exercise two or three times each workout, hanging for up to half a minute at a time.

Stretches entire upper body.





Movement No. 8
Dorsal Raise:

Lie on your stomach with your forehead touching the floor. Clasp hands behind your back as illustrated. Raise head, legs and chest all together as high as possible. Lower gradually, relax, and repeat up to ten times.

Strengthens lumbar region and acts toward rectifying spinal malfunctions caused by lazy posture.

Movement No. 9
Head Rolling:

Stand erect and let head fall forward as far as possible. Roll it to the right shoulder. Continue to the back until chin points upwards. Then to the left shoulder. Repeat six times in succession. Alternate direction.

Full range of movements must be made, giving head fullest possible range.

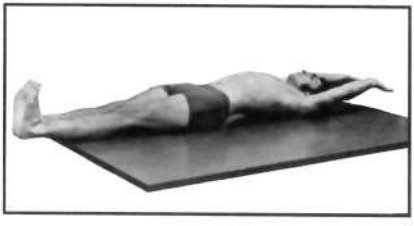
Increase to ten each way. Roll head. Do not turn head.

This mobilises the Cervical Vertebrae.

Movement No. 10
Lying Foot and Head Raise:

Cover the floor with a blanket or cloth to prevent you from getting chilled. Lie down full length on the floor, legs straight, toes pointed, arms above the head on the floor, fingers straight, palms facing each other. Raise toes to ceiling, keep heels on floor; at the same time raise the head to look at the toes, keeping the arms as near to the floor as possible. Return to the first position, head on the floor and toes stretched. PUSH FINGER TIPS AS FAR FROM THE TOES AS POSSIBLE. Do this slowly and deliberately with maximum effort. Repeat 8 times, increasing to 12 or more.

This mobilizes and stretches the cervical vertebrae and gives action to the legs.



This concludes the exercise routine for stimulating Postural Increase but as important as it is, do remember that best results come only when attention is paid to all aspects of this course. You get out of it only what you are prepared to put in. Go to it! More 'hints' on height will follow on the next page.

EVEN IN THIS RELAXED POSE, FRANK RICHARDS LOOKS TREMENDOUS. HE TRAINS HARD AND EATS PLENTY OF PROTEIN FOODS.

MORE HINTS ON HEIGHT

There are other aspects apart from special 'movements' that you should pay attention to in order to reach your full postural potential.

We will now spend a little time discussing some of these aspects in greater detail. This will take the form of a general 'HEIGHT PLAN' which we advise you to read carefully and follow.

Remember nothing worthwhile comes easy. If your present stature is less than ideal, and if you work hard on this course of instruction, you are bound to obtain results in improved posture.

Of course the most visual reminder that increase of height can be brought about is evidenced by the Burmese women of the Paduang tribe. Brass rings are placed around their necks to induce the stretching of the vertebrae in the neck. But this is usually only brought about during the growing years and is, of course, brought about artificially..

This age old custom which is still practised to this day in Burma is positive proof that the vertebrae of the spinal column can be lengthened. Actually, Burmese women lengthen the 7 discs of the neck some 15–20 inches. In fact, if the entire spinal area were lengthened in the same proportion as their necks, these Paduang women would actually increase their overall height by 3 ft. or more! Some of them would be almost 9 ft. tall! Unlike the Burmese method, this posture program is designed to straighten you up naturally without the aid of any artificial means whatsoever. We bring the matter of the Paduang women to your attention only to illustrate that the vertebrae of the spine are flexible which would give weight to the argument that the three natural curves of the spinal column could be so straightened, as to lead to an overall improvement in any poorly statured man or woman.

Our exercise principles are not only recognized by culturists all over the world as being entirely safe, but they are a positive aid to general health and physical well being.

HEIGHT AND HORMONES

About Drugs:

There is a relatively new hormone drug available through the official medical channels which can help increase height in dwarfs. H.G.H. (Human Growth Hormone) is given to those people who have malfunctioning pituitary glands that do not secrete growth hormone. H.G.H. has to be administered before the onset of puberty. Once puberty has occurred the growing ends of the bones fuse and further lengthening of this area is considered impossible. Of course many of these short people are quite normal sexually while others never attain normal puberty throughout their life. Many people treated with H.G.H. drug grow at six times the usual rate. Some attain a height increase of 6 inches in six months, instead of a normal one inch! The average height increase is a five-fold growth rate, e.g., five inches in six months! Growth hormone will make a pituitary dwarf grow, as long as the changes of puberty have not taken place, even though his chronological age is greater than is normally associated with growth. An individual may be 10, 15, 25 or older and still respond favorably to H.G.H.

The story of growth hormone activity is fascinating and complex. Not only is it an effective stimulant for increasing height which has already been well demonstrated by its use in treatment of dwarfism resulting from pituitary deficiency, but it is also an important factor in carbohydrate, protein and fat metabolism. In addition, it appears to have significant interactions with other glands in the body. One might be forgiven for thinking that its production would stop when full growth has been reached, but on the contrary, it continues to secrete hormones throughout life. Production has some relationship to physical activity; exertion results in increased amounts of hormone appearing in the blood.

In your own case, if you are well below average height, you may well be normal physically, but there might be some lack of growth hormone, due perhaps to a minor pituitary deficiency.

The recommended procedure would be to submit yourself to a specialist known as an Endocrinologist. X-ray studies of the bones, and other examinations to detect possible abnormalities, might be indicated. Your family doctor can refer you to such a specialist.

But, we repeat, H.G.H. is only effective as a treatment for people with malfunctioning pituitary glands.

Height and Heredity:

There is not a lot of definite knowledge on the matter of heredity, however it is more than likely that the size of one's skeleton, which is the basis of stature, is to at least a degree inherited from our ancestors. This does not mean that your parents have to be tall in order for you to reach a goodly height. (Although short

parents often do have short offspring). One may be the heir to some near or even remote tall or short forebear. Quite often the inherited traits or characteristics concerned with height 'skip over' a number of generations. Consequently, though height is certainly transmissible to some extent, it is still quite possible for short parents to have tall offspring. Accordingly, since the average person's ancestry includes individuals of all heights and sizes, (and of course there is no way of telling which one's influence will become dominant in a particular conception) it can be readily understood that one may grow to almost any size without invalidating heredity as a factor in stature.

Having short parents does not guarantee that you yourself will necessarily be short. But, the young person who has a desire to become more upright with better posture should always make it a point to do none of the things that may inhibit growth, and conversely do all the things that favor the development of any hereidtary tendency he may possess to stand upright.

Accordingly, one need not feel doomed to definite shortness and poor stature just because your immediate relatives are similarly statured. Your ancestry may help or hinder your postural height, but the indications at current writing are that you can act positively towards improving your current posture. In fact no less an authority than Dr. Franz Boas, the noted American anthropologist, confirms his utter convictions that heredity is not the prime factor in a person's stature, but that such things as diet, behaviour and living conditions play far more important parts. This program is based on the principle that perfect posture attainment can be influenced beneficially by taking positive steps towards reaching that target.

Your Thyroid Gland:

C. R. Stockard of Cornell University Medical College says: "The thyroid is essential for growth from baby hood to maturity. Very probably the thyroid is not alone in its action. It may be affected by many other things, and so may growth rate, but the point of primary importance is that the thyroid is the central body tending to control the rate of oxidation, and therefore growth rate in the individual. An active thyroid gives fast growing, rapidly differentiating structures and linear rather than lateral-type individuals."

In other words, the thyroid gland is mainly responsible in upward growth rather than broadening development.

Assuming that you are poorly postured at this moment, then you can benefit measurably by following the the recommendations and exercise plan laid out. As long as you are a normal person we feel we can help you 100%. If you should have any organic problem or anything physically wrong with you, we advise you to consult your physician and get his okay before you start this plan.

As you will notice, our plan consists of 'steps' which you should take to contribute your utmost involvement in increasing your posture. Pay attention to each and every recommendation and you can be confident that you will be doing virtually everything in your power to increase stature and perfect your posture.

The height of an individual is never constant. Most people are either growing upwards or shrinking downwards. There is a tendency to shrink with each successive year of life after you reach the quarter century mark. But this does not have to happen. We believe that YOU have control over whether you shrink or not.

Some eight or so years ago, this author was very friendly with a couple of guys who lived on the Californian West Coast. They had been to school together, both married, both about forty years old, and what's more relevant to this story – they were both exactly 5'8" tall!

John and Gerry were always together and even followed a similar living pattern. Their diets were virtually the same. But there was one difference. John's posture was immaculate. When he stood or walked he seemed as though he was stretching up to the very heavens. He almost reminded one of a young sapling tree, sprouting towards the Mother Sun, reaching up to the light to feel the embracing rays. In spite of his average height he always looked impressive. But here's the amazing thing: although he never did any specific 'posture increase or metabolic' exercises, he actually appeared taller over the years.

On the other hand, Gerry, his buddy, never paid attention to developing good posture and had a lazy stance. Consequently his dwindling stature actually contributed to his loss of height. He looked mediocre.

When I saw these two guys after a period of eight years, I could hardly believe my eyes. They almost looked like David and Goliath. Yet at forty years of age, both had been EXACTLY the same height! Now at almost fifty, the layman could almost justifiably refer to Gerry as short and regard John as being tall. "As the twig is bent, so it grows . . . " Few stories illustrate this point better!

As a physical culturist with many years of studying the problems of posture increase in human beings, I will say here and now that: I honestly believe that if a man (or woman) simply lives 'tall' and endeavours to constantly stretch upwards during all waking hours (a habit which with practice can soon become second nature) he will maintain perfect posture throughout life. I offer no positive medical documentation to substantiate this sentiment – I simply believe it to be TRUE!

Stand tall and you will appear tall. Should one choose not to believe this conviction of mine, surely it cannot be denied that a person who stands tall will always remain taller than a similar person with poor posture. Just as a straight wire is longer than a curved one, your body will be taller and longer with a straighter spine.

So let's GO . . . Follow these postural improvement steps. Be positive. You want to improve? Then do everything in your power to meet your ambition. We are here to help you – don't delay. Start this posture building program today and tall up, up, up . . . Here we go:

STEP ONE:

Food and Height:

In Africa the Masai tribe of natives lives roughly in the same area as the pygmies. Their vast difference in height may be attributed to two things. First the Masai live in the open and are exposed to a great deal of sunshine (See Step 7). The pygmies live in the jungle region where the sun is screened by foliage. But the other difference between the Masai who average little under 7 ft. in height, and the pygmies who are a little over 4 ft., is their diet. The Masai nourish their bodies with fresh blood which they draw daily from live cattle. On the other hand the Pygmy tribe eats only roots and other poor quality vegetable matter. Now, we are not suggesting that you drink gallons of blood, but simply that you do eat more protein foods than you have been doing. The actual foods are not important, but the quantity is, and so, needless to say, is the quality. Blood is largely protein, whereas the vegetable matter the Pygmies eat contains very little first class protein indeed. Substitute protein foods you might find more palatable than raw blood include: fish, eggs, nuts, cheese, milk and poultry. Protein deficiency in pre-adolescence can stunt growth.

Protein is life. Protein is growth. It is responsible for muscle, bone, even hair. Protein is you . . . the miracle of all animal growth. If you are young and want to develop normally, you should make a point of eating plenty of protein every day. Some prefer to supplement their diets with a Protein additive. This is usually in powder form and can be mixed with milk or water, perhaps with a beaten egg, or simply mixed with fruit juices, etc. Protein powder can be bought at most drug stores. Make sure you get a good brand.

In addition to protein you should also make sure that you are getting an adequate supply of vitamins. A good vitamin/mineral tablet (one-a-day plan) can be bought from the drug store. There are a large variety of companies that manufacture these so you have a wide choice. Also, you should ensure a good daily supply of iodine (for correct glandular function). This ingredient can be found in tomatoes, green peas, mushrooms and ocean fish.

As well as iodine there are nine other inorganic or mineral elements that must be present in our food, though most in relatively small amounts, if growth is to proceed normally. These nine elements are sodium, potassium, calcium, magnesium, phosphorus, chlorine, sulphur, iron and copper. Fortunately there are only two of these – calcium and iron – which we must make sure we are getting enough of in our diet. The others are sure to be found in sufficient quantity in a normal diet. But the other two cannot always be left to chance. All these ingredients, however, are necessary to gland health and overall growth process.

A person concerned with normal growth should pay particular attention to calcium. Drink plenty of milk and eat plenty of leafy green vegetables. Should you be lacking in iron, then make up this deficiency by eating plenty of eggs, liver, spinach and other green vegetables. If you have been missing out on these foods then you should consult your doctor if you would like to know whether or not your body has actually been starved of iron.

Which Vitamins?

As we have stated previously – vitamins are "important" to the growing process. Vitamins do not supply the actual materials for actual tissue building. They are, however, indispensable as activators of the different growth processes and they act in promoting and controlling the placement and absorption of various food ingredients within the system.

For example: a deficiency in vitamin D can interfere greatly with the development of bones, inhibiting the natural change from soft, cartilaginous state of childhood, to the firm, ossified condition of adulthood, leaving them elastic, incapable of furnishing a proper, sound framework for the body. In fact, these incomplete bones can easily be distorted. Vitamin D deficiency can lead to rickets.

Normal growth is also dependent upon a sufficient supply of vitamin B2, otherwise known as Riboflavin. The minimum daily requirement of this vitamin is 2 milligrams.

Similarly, vitamin A is essential for overall growth, as well as serving to give resistance to infections. Minimum daily requirement is 4,000 U.S.P. units.

If there is any doubt about whether you are getting sufficient vitamins for normal growth, then by all means consult your doctor on the matter. He is the person best able to give you advice on this subject. The vitamins mentioned here as being most important to normal growth, namely vitamin D, vitamin A, and vitamin B2, can all be obtained at your local health food store, chemist or druggist.

STEP TWO:

Sleep:

It is imperative that you get plenty of sleep if you are interested in attaining your maximum potential. We recommend that you get 9–10 hours each night for the first month of this course. Once an individual has reached the age of twenty or so and normal height has been achieved, the earth's gravity begins to show its effect as we age. The process of 'pulling to the centre of the earth' applies to everything. Not only do we tend to lose in height as we age, but our ears lengthen, external muscles tend to sag, faces drop, etc., etc. We can all recognize an old automobile by the fact that it is low to the ground, almost dragging the highway. Likewise, with houses, the older they are, the more they sag, until finally gravity wins, they topple, and are pulled to the ground.

Sleep tends to counteract this downward pull on your stature because you are in a supine position and not being 'pulled' in the same direction. But perhaps more important, the pressure on your spine is alleviated, thus allowing the postural movements performed when following this plan, to work while you are relaxed. So get plenty of sleep. As a general rule, aim for 8–9 hours each night. But aim for 9–10 during this first month following this plan.

STEP THREE:

Real Posture:

Practice makes perfect. Ironically many short people who bemoan their lack of height actually have poor posture which makes them appear even shorter than they are. (And actually shorter than they need be!) Always make an effort to stand and sit straight. It can change your whole appearance. Correct posture can make a difference of several inches in some cases – stand proudly at all times. When you catch yourself sagging, then immediately straighten up, and flatten that back. Good posture not only makes you stand taller, but also your visual height is improved because of your physical straightness.

This author has never ever seen anybody with bad posture look impressive. There are various posture aids on the market for those who find it difficult to maintain.

STEP FOUR:

Smoking and Your Height:

The idea that smoking would stunt your growth was probably first created to 'scare' youngsters wanting to 'tall-up' from ever starting the nicotine habit. Paradoxically, modern scientists are now convinced that excessive cigarette smoking is indeed a factor in limiting growth. Not only is the oxygen supply to the various growth centres greatly reduced, but the whole system is virtually poisoned, retarding growth dramatically.

If you smoke, then stop. Chances are you will live longer, be far healthier and happier, knowing that you are free of this detrimental body poisoning habit.

Poisons such at litdin, rubidin, carbolic acid, formaldehyde, mettalymine, acrelin, collidine, viridin, arsenic, formic acid, nicotine, hydrogene, sulphide, pyrrol, furfurol, benzpyrene, methyl-alcohol, prussic acid, corodin, ammonia, methane, carbon monoxide, pyridin, and so on, in cigarettes definitely contribute to hindering healthy growth.

One can always find an excuse for smoking. Many people believe it does no harm. Some people delight in telling about their 'father' or 'grandfather' who smoked like a chimney all his life, never had a day's illness and lived until he was ninety years of age! We can all cite similar cases – But the truth remains, as the American Surgeon General states on each pack of cigarettes sold in the country that: "Cigarette smoking is dangerous to the health".

For the purpose of this course we can further state that smoking can do no good whatever for your posture increase program . . . No good at all!

STEP FIVE:

Morning Stretching:

When you awake in the morning spend time having a good stretch before you get out of bed. This is a most natural exercise and a great contributor to postural improvement. Aim to stretch your legs to the bottom of the bed while at the same time stretching upwards until you feel that you are straighter even as you lie there. At the same time, raise your back from the bed slightly, so that your chest is arched. Many wild animals use 'stretching' to aid their natural growth and development.

Start your stretch slowly. Imagine that you are in "slow motion". Your first 'stretch' in the morning should be only moderate. Don't overdo the straining. Make your second more forceful than the first, and on the third, really endeavour to stretch completely from head to toe. S–T–R–E–T–C–H!

STEP SIX:

Massage for Benefiting Standing Posture:

After performing your exercise workout, give yourself a stimulating body massage. Work from the hips down to the knees, also massaging the knee joints firmly, and the area behind the knees. Do likewise, using long stroking actions, for the calf and ankle joints. Next work the base of your spine with the tips of your fingers working the spinal column as high as you can reach. Continue until you have a warm feeling in the area caused by bringing extra blood to the area. Stimulating massage administered on a regular basis makes a definite contribution to your overall improvement program. It makes you feel good!

Articles in the Medical publication "The Scalpel" have appeared which further substantiate the massaging technique for circulatory improvement.

STEP SEVEN:

Obtain Sufficient Fresh Air and Sunshine:

One could easily be tempted to miss out on this important 'step'. But light, air, and sunshine are the very core of life itself. We need them not only to grow normally, but to exist in the first place. Scientists in Switzerland noted that children living on the slopes of the Swiss Alps varied strangely in height and general appearance. After some studies were made, the scientists became aware that there was a strong correlation between overall height among the children, in relation to what mountain area they lived in. It was noted that children born and raised in the mountain areas, because of their geographical location, didn't receive much sunlight and were the victims of bone malformations (rickets), weaker skeletons and in many cases, impaired height. In direct contrast, the Swiss children who were raised on the 'sunny side' of the vast mountain valleys, had strong healthy bones and their height was noticeably superior to their less fortunate cousins living but a few miles away, but in the areas which seldom received direct sunlight.

Remember that the sun is responsible for all growth. Our bodies need it to develop. You need sunlight to reach your normal growth and health potential in your childhood years.

STEP EIGHT:

Think Tall:

Wherever you are, think tall. Constantly walk with the body upright. Think of yourself as being six feet tall – eight feet – ten feet. Think of your body in terms of stretching upwards, walk with a forced vigor (pretty soon this will become natural), keep your chest and chin high without over-exaggerating the effect. Hold your stomach in and swing the arms naturally at the sides.

You are what you think you are. It is no good exercising and stretching if you cancel it all out when you stand still or sit down. When you are sitting reading, standing in line or at a street corner waiting for someone, or as you may often think, just doing "nothing", don't slacken. Pull yourself up with a jerk.

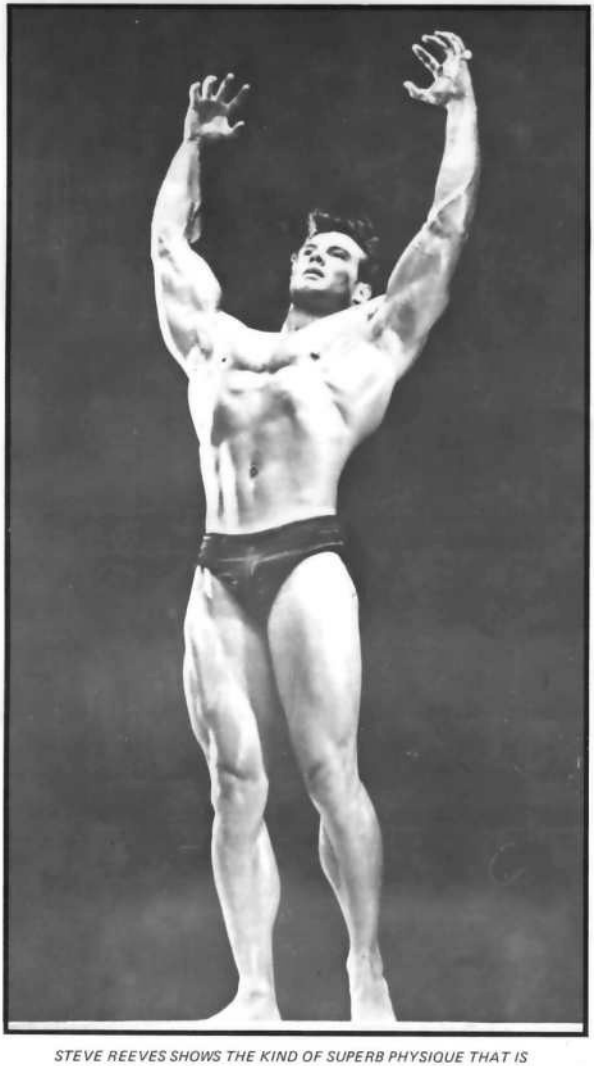
If you work in an office almost certainly you have to spend long periods sitting down. This may be unavoidable, but you should nevertheless sit correctly. Do not crouch over your work. Sit as upright as you can. When you have to stand, don't allow your shoulders to sag or your tummy to 'hang out'. Stand erect, but relaxed.

Whenever possible during the day check your height with any fixed object. A picture, a nail, a closet, anything in your home or out for that matter. As time passes during the time you are following this course you will notice that these objects are not so high any more, that you ARE standing taller! Your posture has improved!

Walk tall! And in the words of the song, you will look the world in the eye.

Without getting over-involved with the complicated 'set-up' of the spine or backbone, it should be remembered that it is composed of a number of pieces of bone (vertebrae) joined by connective tissue. Consequently this part of the body must be regularly subjected to an 'extensive stretch' at odd times. Walking tall, sitting tall, indeed, thinking tall, all aid this natural process. Bear in mind that unless that part of the body is kept at full stretch, it has a tendency to contract and if the process is allowed to go unchecked for a long period of time, it may be impossible to totally recover all the lost ground and you will remain, however slightly, permanently "shrunk" or shortened. If you find yourself 'slouching' or unconsciously allowing your shoulders to droop with a bowed back, then pull yourself up with a jerk, straighten that back. Remind yourself mentally, as well as physically, that you are going to think tall all the time. Pretty soon it will be second nature to you to keep your body fully extended and once more you will discover that it will be perfectly natural for you to walk, stand and sit in an upright posture.

Think tall at all times and the world will have to stand on its toes to look you right in the eye!



STEVE REEVES SHOWS THE KIND OF SUPERB PHYSIQUE THAT IS BUILT FROM DEDICATION TO REGULAR SCIENTIFIC TRAINING.

HERCULES II

(Apollo - Power - One)

lesson 11

lesson 12

LESSON ELEVEN

Hello there!

For this lesson, you are to continue last week's routine. Do as many repetitions of each movement as you can without involving undue strain. Don't do more than four sets for each exercise. You have to keep training hard because the final lesson (12) involves a new routine and believe us, it is a real 'toughie'!

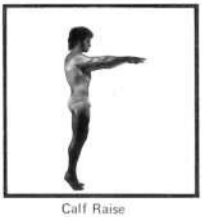
Your routine this week then is:

Lateral Raise 4 x 10

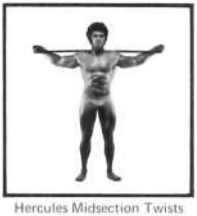
Leg Raise Dips

Hercules Knees Out Squat

Reverse Chair Dips



Calf Raise



Hercules Midsection Twists

Curt Haywood won his division of the Mr. World contest in Columbus, Ohio. His physique is the result of all-round training, i.e.: Non-apparatus (Hercules II) weight lifting, gymnastics, strongman stunts and hand balancing.

Curt says that he practiced the HERCULES II principles to aid his musclebuilding while in the Navy.

What a physique!

How to Get a Better Tan

A well built body looks better with a suntan. Here are a few pointers about getting an even tan.

1. Never overdo your first exposure of the year. If the skin is burnt, it will peel. This will give you an unattractive mottled appearance.

2. Don't just sunbathe by lying on your front and lying on your back. Turn the head and body to either side every so often so your sides catch the sun as well.

3. As a bodybuilder, you should take care to get the underside of your arms and armpits tanned. (Raise arms while lying on back.)

4. Sun creams will not help you tan faster. They may slightly hinder burning rays, but their action is greatly limited.

5. You cannot get a natural tan through glass. It has to be a special glass. (The trade name is 'Vitaglass').

6. Don't squint when in the sun. It will leave white 'claw' marks at the side of your eyes.

7. On overhot days, sunbathe near water if possible. It keeps the air cooler.

8. If you sweat profusely, then cool off with a cold shower or swim every half hour. This will help your tanning.

9. On not too hot days, wind can prevent tanning. On extra hot days, wind can temper the sun and increase the tanning process.

Strength Athletes:

We often get asked about the various feats of strength performed by the world's strongmen. Our pupils ask us what we consider the most fantastic strength performance of all time. That is a question hard to answer since the old-time strongmen used to specialize in displaying their strength in different ways. Why don't you be the judge of who was the strongest man who ever lived?

George F. Jowett of Morrisburg, Canada, could break standard horseshoes with his bare hands.

Charles VanSittart could place a bottle of champagne in the crook of his arm, flex his biceps and burst it into a thousand pieces. Of course, the bottle was always wrapped in thick canvas to protect his skin from being cut by the spraying glass fragments. VanSittart could also burst a tennis ball with his fantastic gripping hand power!

Reg Park can lift the front end of a standard London taxi-cab.b.

Former professional wrestler, Kong, can lift 500 lbs. from the floor by his neck!

John Dykhorst, of South Africa, can hold two cars from starting off in opposite directions.

Oldtimer, Henry Steinborn, could lift an 800 pound elephant off tressels without any trouble. Rough on elephants!

Mel Robson could blow up and burst a standard rubber hot water bottle. The blindfold is to protect the eyes during the explosion.

Charles Atlas could actually pull huge train carriages along a level track.

Bruce White of Australia can pinch grip on 2x4 rafters and chin himself while having 70 additional pounds hanging from his waist!

Jack LaLanne performed 1025 floor dips in 25 minutes.

Paul Anderson squatted each night with 900 lbs. on his back. (The weight was made up of silver dollars, total $15,000.00 . Anyone who could emulate this feat could have the contents of the safes.

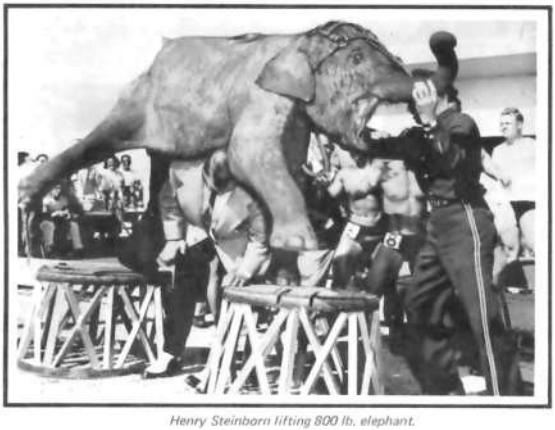
. . . Well, who do you consider the strongest?

George F. Jowett could break horseshoes.

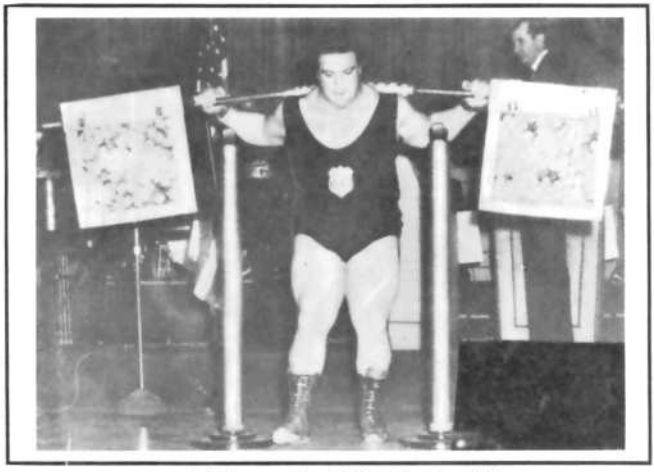
Mel Robson blowing up hot water bottle.

Bruce White pinch gripping 2x4 rafters with 70 lb. weight.

Mr. Universe, Reg Park, lifting front end of London taxi.



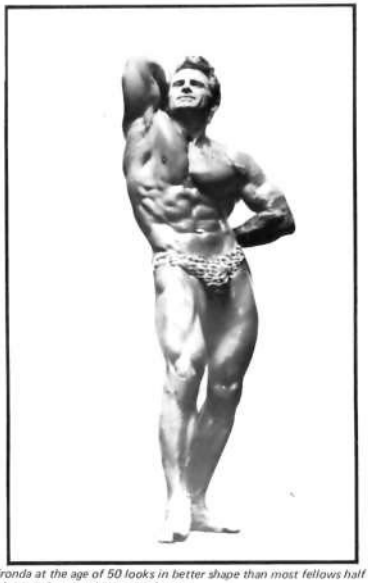
Henry Steinborn lifting 800 lb. elephant.



Paul Anderson squatting with $15,000.00 weighing 900 lbs.

Kong lifting 500 lbs. with his neck.

John Dykhorst has little trouble holding two cars from taking off.



Vince Gironda at the age of 50 looks in better shape than most fellows half his age. That is what regular exercise can do for you.

Water and Your Body

Before we end this lesson, we should like you to recognize the tremendously important value of pure drinking water.

It is a good idea to get involved in the regular drinking of pure water; as much as 8 glasses a day. Water is the universal solvent. It helps to flush out the impurities of the body, washing the waste from the stomach and ultimately cleansing the kidneys.

Do not drink excessively at meal times. An occasional sip at this time is enough. Always avoid gulping down water, especially when hot. Sip it slowly, mixing it with the saliva of the mouth. Also, do not drink ice cold water. It can shock the stomach and cause havoc with your digestive process. Always have a glass of pure water handy on your desk at work, etc. It can do you nothing but good.

Be prepared for Lesson No. 12. It is tough. Also we show you how to perform impressive strength feats of your own. So train hard and C–O–N–C–E–N–T–R–A–T–E!

LESSON TWELVE

This is your final schedule of Hercules II exercises. If there is one thing above all others that we would recommend to you as a successful muscleman and possible future physique star, it is that you train regularly. Have you trained regularly? Did you skip workouts? If you did then you will not have made the same progress as you might have if you had maintained your regular three-times weekly training.

On the other hand if you trained exactly as we laid down....if you followed our musclebuilding advice to the letter.....then you will have made tremendous progress. But in order to have made this progress you will have eaten more food than previously. You will have had adequate sleep and rest, and you will have consumed more P–R–O–T–E–I–N. Remember protein is what muscles are built of. You simply cannot make musclebuilding progress without an adequate supply to feed your body's needs.

....And so we come to your last week's Hercules program. It's a toughie. You are going to sweat this week. Your muscles are going to 'cry out' for mercy. But you are going to come through a winner!

Try 2 or 3 sets of each exercise for your first workout. Build up to performing 4 sets of each, doing as many repetitions of each exercise as is possible without strain.

EXERCISE ONE:

Handstand Pressups
(shoulder, chest and arms)

Place your hands about 33 inches from a wall, and kick up into a handstand. Once in this position you may open your legs if you wish (it may help your balance).

The exercise is to dip slowly (in case you might flatten your nose) until your face all but touches the floor. Then return to the handstand properly, by straightening the arms. Repeat for as many repetitions as you can do without strain. Warning: If you lack the strength to lower yourself completely then simply perform the exercise by lowering your body half-way (or even less). Gradually you will get strong enough to perform this exercise the correct way easily.

(Illus. 1)

(Illus. 2)

EXERCISE TWO:

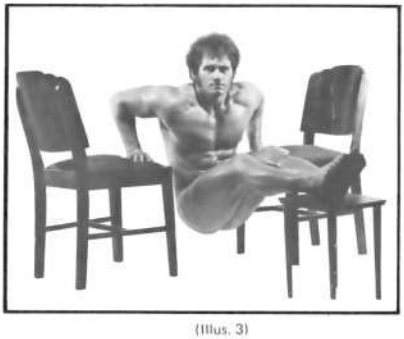
Single-arm Floor Dip
(arms and chest)

Support yourself in the floor dipping position with your right hand only. Your left hand will be holding the back of your left thigh. By bending your right arm, lower into the dipping position and return to the original position. Work each arm separately. Of course when the left arm is being exercised then the right hand will be holding the back of the right thigh. 1 to 15 repetitions. (Legs can be either wide apart or together.)

EXERCISE THREE:

Reverse Chair Dips
(chest, arms, shoulders, back)

Adopt a position as shown in illustration 3. Lower and raise the torso rhythmically by bending the arms fully and returning to the straight arm position. Repeat until comfortably tired. 10 to 25 repetitions.



(Illus. 3)

EXERCISE FOUR:

Single Leg Squat
(thighs)

Stand on a bench or chair with one foot. Squat down slowly on that one leg and return to a starting position. Use arms for balance. Don't forget to work each leg. Anything from 5–20 repetitions. (Illustration 4)

(Illus. 4)

EXERCISE FIVE:

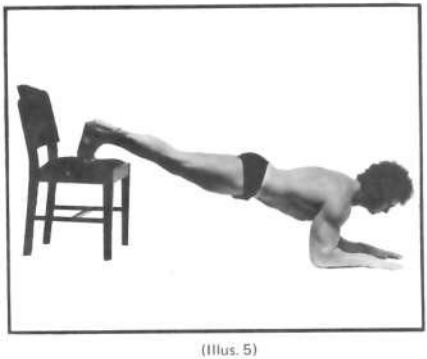
Chair Forearm Pressups
(arms)

Go into the position shown in illustration 5. Press up until the arms are straight. Lower and repeat.

If you have difficulty in getting 'started' in this exercise, then rock your body forward at the commencement of the movement.

Alternatively you might find it easier to start this exercise with straight arms and consequently you can lower forearms to the floor quickly, and 'bounce' back into the straight arm position.

Repeat for up to 20 repetitions.



(Illus. 5)

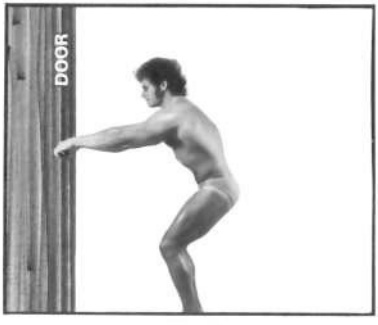
EXERCISE SIX:

Doorway Pulls
(back)

(a) Hold onto door handles of a sturdy door as illustrated. (Illus. 6)

(b) Pull hard on the handles with both hands so that the 'strain' felt on the large upper back muscles (lats).

(c) Perform up to 15 'pulls' each set.



(Illus. 6)

EXERCISE SEVEN:

Donkey Calf Raise
(lower legs)

Adopt a position as shown in illustration 7. Your body is bent over parallel to the floor, hands supported on a bench or stool. Have a partner sit on your lower back to add resistance. The exercise is to raise the heels up and down (as high as possible) so that the calf muscle is worked strongly. If you find 20 repetitions easy, then place the toes on a couple of thick books so that the calf obtains a greater stretch when the heels are lowered.

(Illus. 7)

EXERCISE EIGHT:

Leg Raise
(waist)

(Illus. 8)

Lie on the floor, with hands tucked underneath seat. Raise feet from floor slowly. Lower and repeat. Aim to build up to 30 repetitions.

Another fantastic shot of perfectly proportioned Mr. Universe, Paul Wynter.

Here's the impressive 'line-up' at the annual NABBA, Mr. Universe contest held in London, England each year.

PHYSIQUE CONTESTS:

Regardless of your age you may enter Physique Contests. Needless to say, you need to have a good build to enter, but even so, there are plenty of 'novice' contests held regularly for those fellows who don't have huge muscles as yet.

It is a good idea to be a spectator at a couple of bodybuilding contests. In this way you will get an idea of what is expected of you and you will be better prepared when it comes to your turn to pose under the lights. Physique contests are usually sponsored by your local Y.M.C.A. Contact them for details. Additionally, the magazine, "MUSCULAR DEVELOPMENT" lists a directory of contests each month. Study these and you are sure to learn where and when bodybuilding shows come to your area.

If you enjoy competing in contests, then you will find added incentive for training. You will have extra enthusiasm and drive. Naturally with a contest in mind, you are going to train extra hard so that you are in peak condition for that big day.

Usually there is not much difference in the way you train as the contest date draws nearer. There is some diet variation though. Generally speaking, you will be on a hearty diet during your regular training (i.e., meat, vegetables, bread, milk, eggs, fish, nuts, potatoes, etc.)

However, unless you have sharply defined muscles, virtually bursting through 'paper-thin' skin, you should change your eating habits a little as contest day approaches. Eat more protein still, and at the same time reduce your carbohydrates to a minimum. During the last month of training you should not eat any potatoes, bananas, pastas, breads, cakes, cookies, pies, etc. Even milk should be reduced and eventually stopped entirely during the last two weeks or so. Eat more fat-free meats, fish, eggs, cottage cheese, sunflower seeds, poultry and light salads.

During the last 2–4 weeks, some bodybuilders train six days a week to help define their muscles even more. Many try and increase their training tempo so that they are working out with practically no rest between exercises. This kind of training can be very tiring and few bodybuilders can keep up this "Contest Pace" very long.

It is still a fact that the vast majority of bodybuilders today train only three times a week with at least a full day's rest between sessions.

When you enter a Physique Contest, you are usually expected to adopt 6–8 poses in front of a Physical Culture Panel of Judges. The fellow who has the most proportionate, well defined and best built body is the guy who gets the judges' nod. Best of luck!

Super physique, Vince Gironda, has won his share of physique contests. He has a fantastically proportionate body.

Gironda is considered one of the greatest contest preparing authorities in the world. He runs a very successful gym on Ventura Boulevard, outside Los Angeles, California.

FIRM UP YOUR FACE

Rick Harding, whose face is full and firm, as a well cared for face should be.

The face mirrors our emotions, conveys our thoughts, and makes people like or dislike us according to the way we use it. Since your face is composed of muscles, skin and nerves, just like the rest of your body, has it ever occurred to you that by giving a little attention to it, that it too can become firmer, fuller and more handsome?

Your face is the most important part of your anatomy because it is the only part that is constantly on display. By far the largest part of our lives is spent fully clothed, and friends and strangers judge us by what they see – the face.

The face mirrors our emotions and conveys our thoughts. When you go for a job, or have an important business interview, your face is under close observation and your capabilities and character are largely judged by what your face reflects. And the chances are when you win a girl over your face will play a large part in the operation. So let's give the face a little care!

LEFT. Start puckering the lips as though to whistle, making the hole as small as possible and forcing the lips far forward as though trying to touch an object a few inches in front of the face. At the same time close the eyes, pulling all the muscles toward the mouth and continue to pucker the lips and force them far forward. Hold this contraction intensely for a few seconds.

RIGHT. Now relax and go immediately into the opposite movement as shown. Stretch the eyes wide open and raise the eyebrows.

With the first movement we forced all the muscles inward towards the mouth. Now we concentrate in forcing them in the opposite direction, outward away from the mouth. Continue to stretch the mouth wider and pull all the muscles outward with all your might. Hold this contraction, then continue by alternating the inward movements until the face is tired.

At left and right we illustrate a chin builder which also benefits the mouth, making it more expressive. Keeping the teeth closed tight, force the chin muscle downward with all your willpower and hold it there, as in photo at left. Keep the upper part of the face relaxed. Now force the chin muscle upward, as in photo at right, and hold. After you have learned to control this movement try a brisker routine. Do four very slowly, then eight fast, and so on. In several moments your chin will ache from the effort and soon you will see a marked improvement in the size and contour of your chin. A strong chin improves any man's face. This exercise will help you make the most of yours.

We know that when we exercise one part of the body that part builds up but often at the expense of other parts. That is why we must follow a general exercise program that does not neglect any one part, but builds all parts at the same time.

But how about the face?

The happy truth of the matter is that by a little local exercise on the face itself, it can be kept young looking, strong and handsome well into old age. Exercise will do just as much for the face as it will for the abdominals for example. It is just a matter of muscular tone and an augmented circulation of the blood.

While the bone structure of the skull has a lot to do with the shape of the face, we can also consider the fact that the face is composed of thick layers of muscle which can be greatly changed and improved in size and shape, just as the muscles of the body can be changed and improved. The chin can be made larger, rounder and stronger in appearance; the jaw line can be made straighter and more firm; the lips can be much improved in shape; and lines from nose to mouth and hollows under the eyes can be filled out and obliterated. At least to some extent.

Facial exercise may greatly improve the complexion, and pimples, blackheads and enlarged pores may be helped. We should remember that good skin is just as attractive on a man as it is on a woman. Anybody who has had a good, close-up look at Steve Reeves will agree with me when I say that his clear and unmarred skin did its part in making him the perfect Mr. America. Just picture Steve with bad skin, and the high pedestal on which we have placed him begins to totter a little.

The expression of the eyes comes from the soul, revealing the quality of our spiritual development, which is far too deep a subject to go into here. But the mouth is purely emotional and can be improved in shape and its expressions brought under control, through exercise. The mouth is a large, circular muscle with a hole in the middle – like a doughnut. It is very flexible, stretching to an opening the size of an orange, and contracting to the size of a pea. When this muscle is well exercised the lips become full and very expressive in conversation. When not cared for the mouth muscle will show every bit of strain and nervous tension the body is subjected to. The lips will be tight and colorless and there may be little lines running from the nose to the corners of the mouth.

The muscles around the eyes also respond to exercise, as do the forehead, cheeks and chin. The muscles around the eyes are closely connected with the nervous system, and since the skin is very thin in this area nervous reaction brought on by strain, worry, loss of sleep, etc., is easily seen. Irritated nerves eat up fatty tissues and when we dissipate, it is this loss of fat under the thin skin around the eyes that makes those tell-tale hollows, dark circles and bags. Facial exercise may help control this loss of fatty tissue. Notice carefully the appearance of young eyes, and of old. You will find the difference is due largely to the full layer of flesh under the skin, in youth, and the lack of it, in the aged. You can help retain this layer of flesh by exercise and augmented circulation, and help keep your eyes young-looking.

The chin is also a muscle and can be made larger and handsomer by exercise. Of course the jaw bone has a great deal to do with the size of your chin, and if the bone is small and receding you will never be able to develop a full jutting chin. But I have seen remarkable improvement in the face brought on just by developing the chin muscle to greater size and prominence.

The first two photos illustrate an exercise that is wonderful for developing the mouth muscles, and at the same time exercises the entire face if you do it properly. It will help fill out hollows around the eyes, and keep the firm fullness of youth in the cheeks. The second two photos illustrate some chin work that also benefits the mouth and neck.

So don't just aim to build the muscles of your body. Give your face a chance!

YOU CAN TEAR A TELEPHONE BOOK APART WITH YOUR BARE HANDS!

Put those muscles of yours to work. Teach them how to tear a telephone book apart with your bare hands. It's easy if you know how and you don't have to be a superman to do it, either.

There are few stunts that are more impressive than ripping a large telephone book apart with your bare hands. This feat takes a combination of strength and know-how. Especially important is strong gripping power in the fingers and thumbs. However, if you don't know how to go about doing this feat all the strength in the world won't do you much good.

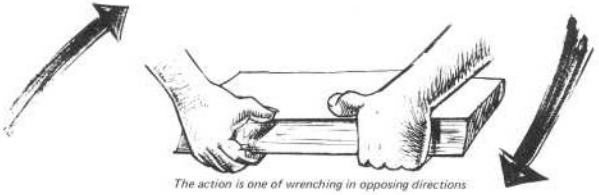
Bodybuilders already have strong gripping power because of all the grip-building exercises they do. The HERCULES II course will give you the basic strength needed, but squeezing old tennis balls with your fingertips is also a terrific exercise. Just grab one in each hand and squeeze away for all you are worth.

Correct Method For Tearing Telephone Book:

There is no better way of learning how to tear a telephone book in half than by watching someone else do the stunt.

Stand erect with your right foot in front of your left. (You may have your left foot in front of your right if you find it easier this way.) Grasp the telephone book over the edge with both palms facing down and your fingers hooked under the edge of the book. Your thumbs should be on top of the book, stretched out and pointing back toward your body. The tips of your thumbs should be about an inch apart and your hands should be fairly wide apart. Rest the telephone book on your thigh, with the free edge pressed against your waist.

Now grip the edge of the book strongly and apply your strength. Push down with your right hand and pull up with your left hand. At the same time twist the phone book a little so that it buckles and tears. Be sure to pull the torn edges apart so they don't rub against each other and slow down your tearing action. Your thumbs play an important part in this "tearing apart" action.



The action is one of wrenching in opposing directions

When learning this strength feat it is advisable to start with a small telephone book and gradually use bigger ones as you become more proficient. If you have trouble with this stunt, alter your grip a little and experiment with various degrees of twist and bend until you get the hang of this trick. At the same time keep on exercising your fingers, wrists and forearms just in case you don't have the strength you need to perform this sensational feat the way it should be done.

Once you have mastered the trick, in private, you should lose no time performing it at some social gathering because a crowd can serve as an aid to your strength. Warm up a little before you start, then put a little showmanship into the act. Take a few pulls without making a tear in the telephone book. Then take a deep breath and a firm grip, clench your jaws, tense the muscles of your arms and shoulders, and give it all you've got.

If everything goes the way it should you'll be a sensation — the gals will drool over you and the guys will eye you with immense respect. Your reputation as a man of super strength will spread like wildfire and everywhere you go people will be asking you to tear telephone books apart. Try it and see for yourself.

6" Spike and Iron Bar Breaking Made Easy:

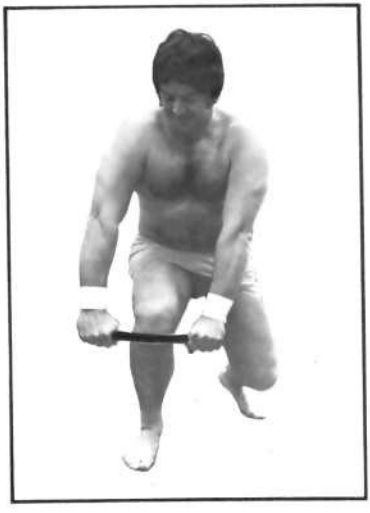
The knowledge contained in this section is the fruit of years of hard work gained principally by British Iron Bar Breaking Champion, Geoff Morris. Practice faithfully and you will gain the ability to amaze your friends with your tremendous strength. Just imagine picking up a six-inch spike. Ask your buddy to bend it. However red-faced he gets in trying, he inevitably fails to put even the slightest 'kink' in the spike. He hands it back to you . . . and within seconds you have not only bent it, you have broken it entirely in two pieces . . .

Spike Breaking:

(Illustrated by Strongman 'Gino' of Norfolk, Endland.)

You will, of course, need strength. If you have followed the 3-way HERCULES II plan of correct exercise, food and rest, then you will be physically prepared to undertake to learn the art of iron bar and spike breaking.

1. First wrap the 6 inch spike with a piece of canvas. An ideal size would be at least 12" x 8".

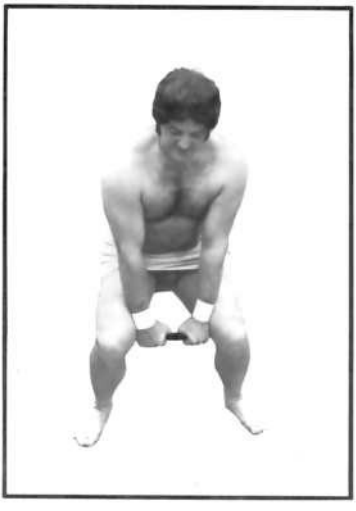


Stage 1.

2. Adopt a position as illustrated (Stage 1), keeping the feet in a good solid position. Use the knee as shown in the photograph. In this way you will be able to bend the spike around the knee and get a "start" on the breaking process.

The second stage involves a change of position. You have bent the spike as much as possible during Stage 1 and now you need to increase the bend by adopting the second position.

Still holding tightly onto the bar or spike, you now change leg positions, whereby your knees are about 15 inches apart. Hold the spike as illustrated, and complete the second part of the first bend by aiding the hands and wrists with the inner part of the thighs.



Stage 2.

3. Now is the time to "unbend" the bent bar. This is a most crucial part (Stage 3); in fact this is the most important stage if you are serious about breaking the spike.

Follow the exact hand placing as illustrated. The hand on the right is the hand that bends the nail, Note its position. Be sure to use the soft part of your hand just under the thumb so that you enjoy the utmost leverage which is vital in aiding spike-breaking. Continue through stage 1, 2 and 3 until the spike breaks.

Stage 3.

It is always a good idea to start with thinner guage spikes at first (6" ovals are good). Gradually you will develop further skill, strength and stamina (you need all three!) to go to work on heavier metal.

Don't use sharp spikes. They can hurt; use plenty of canvas to protect your hands.

THE END OF HERCULES II – THE BEGINNING OF YOU!

This is your last weekly lesson. If you have been faithful in your Hercules II workouts, then you HAVE GAINED FANTASTICALLY IN MUSCULAR SIZE, TONE, FITNESS AND STRENGTH. If you have followed our instructions to the letter, then you will have made great progress. In fact it would be virtually impossible for you to not have made gains in muscular development.

We hope now that you have got into the habit of exercising regularly, you will continue with your body-building workouts. You may want to get even bigger, or you may just want to train to keep super fit. Whatever your reasons, regular exercise is one of the most beneficial things in the entire world. If you don't want added size, then why not train a little less strenuously just to keep the muscles you now have in tip-top shape for the rest of your life. Believe us – THERE IS NO MORE REWARDING FEELING THAN KNOWING YOU ARE IN TOP PHYSICAL CONDITION. You feel S–T–R–O–N–G, ready for action. Your waist is flat and rock-hard. Your panther legs are ready to take you anywhere you will them, in triple-quick time. Your chest swells to monumental depth, your back is crowded with "Tiger" muscles of incredible definition. Anytime you bend your arms your biceps "jump" into a titanic mountain of pure rock-hard muscle. Flex them and they form a "peak" that would put a full-sized melon in the shade.

Yes sir! Muscles are worth millions! Of all the top stars in physical culture – men who have worked for their health, fitness and physique – we have NEVER MET ONE SOLITARY INDIVIDUAL WHO WOULD TRADE HIS PERFECT PHYSICAL CONDITION FOR EVEN ONE MILLION DOLLARS!

So remember, a little exercise and attention to your diet will go a long way. That's the beauty of body-building. Once you have built a championship body, it takes hardly any effort to maintain this condition.

On the other hand, if you want to make even more progress you should continue working HARD at your exercise program. As long as you continue giving it all you've got, your muscles will continue to improve. Stop and think about that! Just imagine what you will look like! You could continue until your body is developed to its fullest degree. Your body has a lot of potential. But remember, muscles are unpredictable. Some weeks they will just not seem to be growing, whereas other times they will seem to be growing almost every day. Day after day. Your gains will not come with "clockwork" regularity. Muscles tend to suddenly grow an inch or two, and then level off. Then if you keep training, they will suddenly spurt forward again, showing a further increase. Between spasms of growth you might reach a stale period at which time the muscles do not continue steady growth. At such "sticking points" you should eat more protein foods, perhaps even increase your milk intake substantially. Protein supplements have broken sticking points for some of the Nation's most famous physique stars. They simply added a good protein powder to a glass of milk or cream and consumed it after a workout. You should always bear in mind that MUSCLE IS ALMOST COMPLETELY BUILT FROM PURE PROTEIN!

Consequently only pure organic protein can build muscle. A PROTEIN SUPPLEMENT IS YOUR BEST ASSURANCE THAT YOU WILL NOT BE WASTING YOUR TRAINING EFFORTS!

We would like to say a word about personal conduct at this point. Once you have built big muscles you should not "show off" to your friends. Don't constantly pose your arms and flex your muscles to impress your buddies. This is one of the quickest ways to lose friends. If you have a good physique then your friends will notice without your having to "flex up" every few minutes to push your "lumps" under their noses to draw attention to yourself.

Conduct yourself quietly. Adopt an air of calm self-assured confidence. Don't be a loudmouth! People will hate you for it no matter how impressive your physique. Don't pose when at the beach. Simply stand with good posture, with your arms close to your sides. Don't "lat spread" (stand with arms outstretched at the sides away from the body). You will look ridiculous if you stand like this. Besides, dogs are liable to bark at you if you adopt this ridiculous posed position.

President Roosevelt wrote: "Walk softly, but carry a big stick". Your muscles are your "big stick" – make sure you walk "softly" with it.

We will keep your name on file at the Hercules II offices. You are one of the few people in this land who is genuinely interested in physical culture and body development. That makes you a special kind of person. Needless to say, your file is kept in a locked fireproof cabinet and your completed order form is kept strictly confidential.

Should we get news of any further developments in the form of muscle-building breakthroughs, improved protein products, secret exercises, etc., we will let you know. Meanwhile, we take this opportunity of wishing you the very best luck in life. Keep training. Be healthy and above all, give life all you've got. We only go around but once!

P.S. –
We hope that you will induce your friends to enroll with us, so that we can help them too. Just send their names and addresses.

Although this lesson completes our course, we want you to feel free to write to us at any time if you ever have any questions.

With our very best wishes and sincere and warm handshake, we wish you health, strength, long life and happiness!